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The Classmate Magazine

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1994-03

## The Classmate: An Independent Magazine for the Naval Postgraduate School Community / (March - April 1994)

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March/April 1994  
AN INDEPENDENT MAGAZINE FOR  
THE NAVAL POSTGRADUATE SCHOOL COMMUNITY

# the classmate

Hail & Farewell



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The Classmate was originated and previously edited by the wives of the students of the General Line and Naval Science School. It is now sponsored by the Officer Students' Spouses' Club of the Naval Postgraduate school. Materials and opinions contained herein are those of the contributors and should not be considered an official expression of the Officer's Student's Spouses' Club or the Department of the Navy. Advertisements in the publication do not constitute an endorsement by the Department of the Navy of services advertised. Written permission is necessary to reprint any material herein. Published at no cost to the U.S. Government.

The monthly deadline for ALL copy to the Editor, SGC 2330, is the 1st of the month prior to the month of publication (November 1st for publication in the December issue). The deadline for advertising copy is the 5th of the month prior to the month of publication.

# Hail & Farewell

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## EDITOR'S ADDRESS

by Amy Converse

Welcome Aboard to the new incoming NPS students and Farewell! Good Luck! and Congratulations! to the graduates. For those of you new to Monterey, this issue of **THE CLASSMATE** is a good one to use for anything from local "quick find" phone numbers to announcements of OSSC activities and clubs to a monthly restaurant review. We've also included an article on new CA state laws and an up-to-date reference on TRICARE health care options. Of course, we've included our monthly "Book Nook" and a new monthly spotlight on an NPS student and his thesis project. Monterey is an exciting place to be stationed so take some time to explore it and use **THE CLASSMATE** as your guide.

At this same time last year I was considering applying for the Assistant Editor position. One month later I was fully immersed in the job, bewildered by the endless duties and wondering if I could feasibly handle the next position of Editor. I was right! The duties were endless, the job was bewildering at best, but we did it and we did it well. I say "we" because no magazine is created, produced and delivered by one person; the job is accomplished by a team, a hard-working, dedicated team.

Cindy Gaitros, our Advisor, has met the many challenges, from the serious to the ridiculous, with patience and a determination to succeed. Her job was certainly not an easy one, and yet she shielded me from many of the problems that threatened to overtake us. Thank you Cindy for everything...I

admire your dedication to **THE CLASSMATE** and I hope that the worst is over and the rest of your tenure will be "smooth sailing."

A magazine cannot be produced without the funds to pay the printer. I have a tremendous amount of appreciation for Karla, our Billing Director, who kept our finances rolling smoothly from month to month, and to Susan who "rebuilt" our magazine to the size it's supposed to be! Karla was our steady guide to whom we all turned to with questions. She was the only "old" staff member (as opposed to new and untrained), and without her we wouldn't have known in which direction to go. Susan virtually taught herself the business of sales and advertising while managing to produce an article once a month. I don't know how she does it but she is involved with everything, does a fabulous job, and still keeps her sense of humor!

Guna, our Production Manager, signed on to help us with our first issue and despite my high expectations stayed for the duration of my editorship. She has brought creativity and ingenuity to the position and we are thankful that she will be with us for the next six months.

**THE CLASSMATE** is primarily composed of volunteers. I realized that our writers are busy both professionally and personally, however, they still came to the monthly meetings, offered their ideas and suggestions and penned interesting and creative articles. To Tracey, Susan E., Lizette, Lt. Col. Gaitros, Susan S., Shelly, Sheri, and Marcelle: you are wonderful and thank you for writing even when the topics were my pet projects and not yours.

Our other volunteers that help behind the scenes and don't see their names in print are Sally, our

photographer, Traci, our illustrator, and Libby, our circulation manager. They faithfully produced work (sometimes at short notice) and never complained. I'd also like to mention that I was remiss in thanking them for the November issue's cover design. It was Sally's fantastic photography and Traci's perfect illustrations (the leaves) that enabled me to realize that particular design.

Lastly, I thank my silent partner, my husband Blake. From the moment I considered tackling this job, he encouraged and supported me. In fact, he talked me into it!! After my first issue, I was in great despair and he said, "What can I do to help?" He stayed up late and helped me edit the hard copies, he was a tough but loving critic when I submitted my Editor's Address for his approval, he helped distribute the issues, ran errands, and he wrote an article for this issue ("Book Nook") to help me in my time of need for more copy. There are countless things that Blake did for this magazine and I thank him a million times for supporting me in this endeavor.

I now turn **THE CLASSMATE** over to Sheri Byrd who has been the Assistant Editor for five months. She has been a great help and a good friend. Her suggestions have led to some of the changes we've implemented in the last few months. She is more than capable of taking over and will begin her Editorship in May. We are now looking for an Assistant Editor to assist Sheri and become Editor in November. Libby is also moving on to other OSSC positions so we need another circulation person beginning in March. And, of course, we always could use more writers!! Again, a million thanks to everyone who helped me successfully accomplish my goal.

Cover photo by Lt. Blake Converse  
(February & March/April issue)



# PRESIDENT'S MESSAGE

by Cindy Martin

Welcome! Since we have many new families that have just arrived at the Naval Postgraduate School (NPS), let me explain what OSSC is. The Officer Students' Spouses' Club (OSSC) is a nonprofit organization whose membership is open to the spouses of any officer, including international students, stationed at NPS. Our purpose is to encourage friendly association among members, to provide services and charitable assistance, to support causes sponsored by the military and community, and to promote social, cultural, and recreational activities for the NPS families. We meet the 1st Monday of every month in the La Novia room of Herrmann Hall at 7:00 p.m. Come join us!

Elections were held at our February meeting. I would like to say "Welcome Aboard" to our new board members, 1st VP: Simi Carlson, 2nd VP: Maureen Olsen, Recording secretary: Steffanie Andreason, corresponding secretary: Debbie Brown and Treasurer: Cindy Kliewer. This is

## CALENDAR OF EVENTS

### March

- 3 - Cram-A-Lot -  
Ballroom 6:30 PM
- 5 - Bargain Fair  
La Mesa Elem. 10-Noon
- 7 - Members Meeting  
La Novia Room 7:00 PM
- 10 - Bake Sale  
SGCs Herrmann Hall 10 -1 PM
- 12 - Art Auction  
Ballroom 6:30 PM

### April

- 2 - Easter Eggstravaganza  
Herrmann Hall 9-Noon
- 3 - Eggstravaganza Rain Date
- 4 - Members meeting  
La Novia room 7:00 PM
- 7 - Bake Sale  
SGC's Herrmann Hall 10-3PM
- 30 - Spring Adobe Tours  
Old Monterey 10-3 PM



also the time I want to say many "Thanks" to the out going board members, Shannon Eagle, Susan Everingham, Sharon Finayson, and Ellyn Bess.!

The next couple of months have some wonderful events coming up. March 12th is the Fabulous Art Auction you won't want to miss. All the proceeds from this event go directly into our charity donations and scholarship funds. April 2nd (rain date is the 3rd) is our Easter Eggstravaganza: bring the kids for an egg hunt they won't forget! On April 23rd we will be sponsoring one of the historic adobe homes in old Monterey for the Spring Adobe tours. Then on May 13th we will be hosting a International Tea in Quarters "A" for all the international spouses.

For more information, call me at 646-8910.

## OSSC MEMBERSHIP

The Officers Students' Spouses' Club of the Naval Postgraduate School is for the spouses of all students. In addition to sponsoring monthly activities, OSSC also sponsors an Art Auction, Adobe Tour, International Student Tea, and many other holiday events. Dues collected entitles you to member discounts as well as monthly Pink Flyers and the OSSC Directory. To obtain a membership, fill out the form below and send it with a check made payable to "OSSC" to **Simi Carlson** SGC #1126; Phone **647-8938**. 1 year (4 quarters) \$15; 18 months (6 quarters) \$20.00; 2 or more years (8 quarter +) \$25. This is a one time fee. International wives membership is free.

SGC# \_\_\_\_\_ New Member \_\_\_\_\_ Active \_\_\_\_\_ Associate \_\_\_\_\_  
 Last Name \_\_\_\_\_ First \_\_\_\_\_ Phone \_\_\_\_\_  
 Spouse's Name \_\_\_\_\_ Rank \_\_\_\_\_ Service \_\_\_\_\_  
 Curriculum \_\_\_\_\_ Graduation (month/year) \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_  
 Length of Membership \_\_\_\_\_ Amount Enclosed \_\_\_\_\_  
 Are you interested in committee work? \_\_\_\_\_ Volunteering? \_\_\_\_\_  
 Would you like to participate in our club administration \_\_\_\_\_  
 Would you like a copy of the OSSC By-Laws \_\_\_\_\_  
 Do you wish to have your name, spouse's name, service, address and phone number in the OSSC Directory? \_\_\_\_\_



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## AROUND THE BAY

### **March 19 Beacon House Art Auction**

An auction of works by well-known local artists. Proceeds benefit Beacon House, a non-profit alcoholism rehabilitation facility.

Monterey: (408) 372-2334.

### **March 26 California Chocolate**

**Abalone Dive.** Five hundred chocolate abalones are planted underwater for divers to find. Thousands of dollars in prizes correspond with abalones found. Benefits the Pacific Grove Recompression Chamber and Divers Alert Network.

Monterey: (408) 375-1933; 375-6605.

### **April 2 - 24th Annual Easter Egg**

**Hunt.** Children, pre-school through third grade, meet the Easter Bunny and hunt for over 5,000 eggs and 100 golden eggs.

Monterey: (408) 646-3886.

### **April 7 -10 Monterey Outdoor**

**Recreation Show.** This indoor/outdoor show features RV's, boats, recreational equipment, touring, exercise, education, environment, water sports and more.

Monterey: (408) 649-6544.

### **April 8 A Theatrical Evening With**

**Mozart & Salieri.** A monologue of Salieri's major speeches given by Jonathan Farwell and a reading of Mozart letters; part of the 1994 concert series presented by the Mozart Society of California.

Monterey: (408) 625-3637.

### **April 9 Carnival Monterey.**

A lavish costume ball celebrating the traditional Carnival time of Rio, with a dazzling floor show and dancing to compelling Brazilian music.

Monterey (408) 373-4559.

### **April 15 - 17 Annual Wildflower Show**

The largest and oldest wildflower show in California featuring about 600 native Monterey County plants, including rare

and endangered species.

Pacific Grove: (408) 648-3116; 648-3119

### **April 16 WalkAmerica.**

A walkathon in which teams and individuals raise money for the mission of preventing birth defects and infant mortality.

Monterey: (408)373-3304.

### **April 16 - 17 Good Old Days**

**Celebration.** A celebration of a bygone era; includes parade, arts and crafts fair, police officers competition, pie eating contest, antique fashion show and entertainment.

Pacific Grove: (408) 373-3304.

### **April 16 - 17 Quilt Show.**

Antique and contemporary quilted works.

Pacific Grove: (408) 373-3304.

### **April 22 - 24 7th Annual Easter Seals**

**Fishing Derby.** Fish the entire Monterey bay for prizes.

Monterey: (408) 649-3731; 443-3800; 684-2166.

### **April 24 Big Sur International**

**Marathon.** Running on the edge of the western world: beautiful ocean views, classical music on the course and great volunteers.

Carmel: (408) 625-6226.

### **April 30 Annual Adobe Tour.**

Step back in time with docents in period costume while touring 25 historic buildings and gardens.

Monterey: (408) 372-2608.

### **April 30 A Broadway Expose.**

Reception, dinner and live entertainment; fundraiser for Monterey County AIDS Project.

### **April 30 - May 1 Carmel Orchid**

**Society Annual Orchid Faire.** View and purchase a large variety of the orchid species.

Carmel: (408) 624-9003.





## DOODADS AND GADGETS:

Children's Discovery Museum of San Jose

by Susan Schmidt

Send videos of yourself by phone, sit in a genuine stage coach, ride a bike to generate electricity to pump water, or make corn husk dolls. Sound like an interesting hodgepodge of activities? It is! Those and many more can be found at **The Children's Discovery Museum of San Jose**. My family and I recently 'discovered' this place and have been hooked ever since.

This museum is designed specifically to provide a place of exploration and discovery for children. (I use the term 'children' loosely to include all us kids at heart!) It's a museum where kids are *supposed* to touch, explore, and have fun. Through exhibits that use magnets, pulleys, strobe lights, etc., kids begin to learn why, how come, or what is it?

Along with the many exhibits, there are speciality centers set-up such as a **Glitter Corner**, Tortilla Making Center, Corn Husk Doll making, and a **Doodads corner**. At these centers, the children make projects to take home. Our particular favorite is the Doodads corner. Here children work at tables that have glue guns, scissors, and all kinds of scraps to make whatever they can imagine. As much as I hate to admit it, it's our particular favorite, not just for the obvious reason that our children are being creative and using their imaginations, but also because we don't have to clean up afterwards!

I strongly recommend to take a picnic lunch or snack. Outside there is a beautiful picnic area. They do have a nice snack bar inside but we found that

because the museum is a highly active environment, it's good to take a little break outside and recharge.

The museum is open Tues. - Sat. 10.00 a.m. to 5:00 p.m., Sun. noon to 5:00 p.m., closed Mondays, except some holidays. The cost of admission is \$6 adults, \$5 seniors, and \$4 children ages 2-18. They also offer membership packages ranging in price from the basic \$45 family membership to \$100 special membership. Membership fees then include unlimited admission for one year and some members - only hours at the museum. For more info. call the museum at 1-298-5437. Children's Discovery Museum, 180 Woz Way, San Jose, CA 95110. And enjoy!



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# Tricare: Health Care Options

by Marcelle Wigley

The health care crisis in America is a problem that those of us in the military are simply not accustomed to. We have been conditioned over the years to expect free medical care for military families everywhere we go. It is a valuable benefit of military service. Yet, for military families where base closures are occurring and a significant contingent of military personnel still remains, there will be a change in our health care plans. As Silas B. Hays Army Community Hospital at Ft. Ord prepares to close officially June 30th, and the Army Health Clinic at the Presidio of Monterey becomes a facility that is staffed primarily for active duty, military families must make some careful decisions about their health care providers to ensure affordable medical treatment.

To help combat these changes, the DOD, as recently as Feb. 1st, has restructured the CHAMPUS and CHAMPUS PRIME programs into a new three-tiered system. TRICARE Prime, TRICARE Extra, and TRICARE Standard. Each individual can choose which option is most appropriate to them. For example, the spouse can use TRICARE Standard but sign her children up for TRICARE Prime.

TRICARE Prime greatly reduces the cost of medical care and its choice of providers is limited to the network of managed care contractors. However, this list, under Aetna, has expanded to greater proportions to when Foundation had the contract. TRICARE Prime has no deductible, no premiums, no paperwork, and allows greatly reduced costs to the individual family. You choose a primary care provider from a list of primary care managers (PCM) who then uses the network providers to make appropriate referrals. You may change providers (PCM) within the network at any time, you just have to file a request with the CHAMPUS/TRICARE Service Center. If one uses the TRICARE Prime often, you realize the benefits in this option present the most cost-effective medical

coverage available through the government. Best of all, one may select a family doctor, or specialist (from the network of TRICARE providers) and will not have to "start from scratch" each time they seek medical assistance. They will be spared the 20% out of pocket costs and an annual deductible from visiting a civilian doctor they would have incurred under the old CHAMPUS (now TRICARE) Standard system. In the event you need a specialist, your personal TRICARE Prime Primary Care Manager (PCM) will manage all of your health care needs and will, together with the TRICARE Health Care Finder, refer you to a specialist within the network. The TRICARE program provides seven-days-a-week, twenty-four hour Health Care Finder services to TRICARE beneficiaries. So, even if you are away from home, they can ensure that you will be covered.

For many families however, the total coverage and accompanying restrictions may not be what is needed. For instance, a family member who frequently travels outside of California and Hawaii would not be near their Primary Care Manager often enough to take advantage of the Prime program. In this instance, TRICARE Extra and TRICARE Standard should be considered. TRICARE Standard is the traditional CHAMPUS program, running under a new name. TRICARE Extra is a flexible option between the Prime and the Standard coverage. In the TRICARE Extra program, any of the TRICARE Prime providers in the network may be used. After the deductible has been met, the out-of-pocket cost share is 15%, rather than the 20% with TRICARE Standard. If your current civilian provider does not accept TRICARE Prime, TRICARE Extra and TRICARE Standard enable one to participate in a military health care program without enrolling in anything. All that is required for the TRICARE Extra and Standard options is DEERS (the Defense Enrollment Eligibility Reporting System) enrollment, i.e., your

military I.D. card!

An important exception to the TRICARE plans which applies to many NPS families regards obstetrics care. In the event of a family member's pregnancy, Silas B. Hays Army Hospital at Ft. Ord issues a Non-Availability Statement proving lack of military OB care. TRICARE Standard will cover 100% of the cost of pre-natal care, hospital costs of delivery, and a short period following delivery, providing the doctor agrees to the amounts TRICARE allows for these procedures (meaning the doctor accepts "assignment"). However, the pregnant family member cannot be enrolled in TRICARE Prime to take advantage of the Standard coverage.

There are several TRICARE Prime participating obstetricians if you wish to choose that plan. Either way, after the birth of the baby and a healthy post-partum check-up, the family member is free to enroll once again in TRICARE Prime.

There are other options that can work with TRICARE Extra and Standard. Supplemental medical insurance is available through a variety of avenues, such as the Naval Institute, to help maintain affordable health care coverage. Additionally, a spouse's employer often has some form of company health care coverage available. Whatever the source, it pays to make a careful decision about where to place your confidence. The charts accompanying this article make the benefits of the TRICARE plans clear. The advantages and disadvantages of each option should be fully understood before signing up for such a program. For more information on the TRICARE Health Program, the AETNA Government Health Plans CHAMPUS/TRICARE Service Center can be reached from 8:00 AM to 4:30 PM, weekdays at (408) 647-2180 in the Silas B. Hays Army Hospital at Ft. Ord, Bldg #4385. \*\*\* This office will be relocated to the Presidio of Monterey in the next several months after the Hospital closes.



## Benefits and Coverage Chart

Outpatient Services		Beneficiary Cost	
SERVICES	TRICARE PRIME*	TRICARE EXTRA**	TRICARE STANDARD**
<b>ANNUAL DEDUCTIBLE **</b> (Applied to Outpatient Services)	None	\$150/person or \$300/ Family per fiscal year.***	\$150/person or \$300/Family per fiscal year.***
<b>PHYSICIAN SERVICES * +</b> Office visits; outpatient office-based medical and surgical care; consultation, diagnosis, and treatment by a specialist; allergy tests and treatment; osteopathic manipulation; medical supplies used within the office including casts, dressings and splints.	\$5 copayment per visit.*	Active Duty Family Members: 15% of Plan allowable after deductible has been satisfied.  Retirees and their Family Members and Survivors: 20% of Plan allowable after deductible has been satisfied.	Active Duty Family Members: 20% of CHAMPUS allowable after deductible has been satisfied.  Retirees and their Family Members and Survivors: 25% of CHAMPUS allowable after deductible has been satisfied.
<b>LABORATORY and X-RAY SERVICES</b> (Including Mammograms.)	\$5 copayment. (No copayment if included in the office visit.)		
<b>ROUTINE PAP SMEARS</b> Frequency depends on physician recommendations based on the published guidelines of the American Academy of Obstetrics and Gynecology.	\$5 copayment per visit. (No copayment if included in the office visit.)		
<b>AMBULANCE SERVICES</b> When medically necessary as currently defined and covered by OCHAMPUS.	\$5 copayment per occurrence.		
<b>EMERGENCY SERVICES</b> Outpatient, both in and out of service area for emergency and urgently needed care.	\$25 copayment for emergency room use. \$15 copayment for urgent care center use.		
<b>DURABLE MEDICAL EQUIPMENT, PROSTHETIC DEVICES, AND MEDICAL SUPPLIES PRESCRIBED BY YOUR PHYSICIAN AND WHEN A CHAMPUS BENEFIT</b> (If dispensed for use outside of the office or after the home visit.)	10% of Plan allowable.		
<b>HOME HEALTH CARE</b> Part-time skilled nursing care, physical, speech and occupational therapy as currently defined by OCHAMPUS (when medically necessary).	\$5 copayment per visit.		
<b>FAMILY HEALTH SERVICES</b> Family planning and well-baby care (up to 24 months of age). Certain exclusions apply as currently defined by OCHAMPUS.	\$5 copayment per visit.		
<b>OUTPATIENT MENTAL HEALTH</b> One hour of therapy no more than two times each week (when medically necessary).	\$10 copayment for individual visits. \$5 copayment for group visits.		
Outpatient Medication Management.	\$5 copayment per visit.		

\* No copayment for primary care or preventive services for family members of sponsors with pay grades of E-4 and below (both active duty and retired). The Fiscal Intermediary has the responsibility for defining primary care; some office visits are subject to copayment(s).

\*\* Please note that TRICARE Extra and TRICARE Standard annual deductibles and cost shares are subject to change.

\*\*\* Except for families whose Active Duty sponsor's pay grade is E-4 and below, for whom the annual deductible is \$50/person or \$100/family. This is only a summary description of your coverage. Please see the Standard CHAMPUS Handbook and a TRICARE Prime Member Handbook for a more complete description of all terms and conditions. In addition, CHAMPUS regulations and interpretations under those regulations are the final authority on covered services.

+ Certain outpatient procedures require a Non-availability Statement (NAS). You must obtain an NAS if you live within a designated service area near a military treatment facility if the care is not available at the facility. This may be a restricted NAS requiring you to use TRICARE network providers.



# THE COMPUTER HACKER

## A Look at CD ROMS

by Lt. Col. David Gaitros



CD-ROM stands for Compact Disk Read Only Memory. This is just one of the newest line of gadgets invading the home computer market today. This is the same device that made LP albums obsolete almost overnight and is quickly changing the way we are using personal computers today. The disks are identical in appearance and operation to the music compact disks in today's stereo systems and in fact the information stored on the disks are identical in both situations. There are a few things that you should be aware of before you go out and purchase a CD drive for your computer.

**CAPABILITY:** Compact disk can store up to 660 megabytes of information on one disk which dwarfs all but the largest hard drives available on the market today. The only drawback is that you can't write any information to them as you would be able to a floppy or hard disk. You might say "What good are they?" Information disks range from a full fledged Encyclopedia and information on National parks to all the clip art images ever created. Imagine not only looking at a picture of a Bengal tiger but listening to it roar and watch full

action short clip videos. If that's not enough, then you'll be happy to know that the best games on computers today come on CD-ROM's.

**USAGE:** A CD-ROM looks and acts just like a normal disk drive to your computer. It will be assigned a letter just like the other drives usually D: or E: on systems with one hard drive and two floppies. Remember that it's read-only and you can't use it to store information from other disks to it. Many games and other multimedia programs usually require the user to install a small piece of software on your hard drive in order to access information on a CD-ROM. Some applications will allow you to place a music CD in your drive just as you would on your stereo.

**PROBLEMS:** Installing a CD-ROM is not for the faint of heart or shade-tree computer buff. It took me the better part of a day to get mine working and most of the time I think I know what I'm doing. (At least that's what I tell everyone). However, some are easier than others, but I'll explain that in detail in next month's column. Most of the drives require a specific interface call a Small Computer System

Interface (SCSI pronounced scuzzy). If you have a FAX and/ or modem there may be conflicts that could arise with the installation. I've also found out that the instructions are not always as clear as they could be and the manufacturers assume the user to be quite computer literate. If you have never installed a disk drive or other device inside a computer than I suggest you have it done by someone who knows how or a person that you trust. New computers can be purchased with CD-ROM and sound card installed.

**ADVICE:** I highly recommend a CD-ROM player for your home computer especially if it is a family computer but you should be aware of a few things: (1) You should have a 80386/30 Mhz machine as a minimum to take advantage of the fast access times (2) You need at least 8 MB of internal memory and (3) CD-ROM players are twice as useful with a good 16 bit sound card which many times come with the SCSI interface.

There are quite a few multimedia packages available on the market today with sound card, CD-ROM, speakers and an assortment of games, encyclopedias and other CD titles included with the price. 16 bit sound cards are a must along with double speed CD-ROM players with at least 150 kbytes per second transfer time. All of this makes the video and action on the games and other software smoother and more realistic.

In the next article we will look at the capabilities of the different CD-ROM drives, multi-media packages, sound cards and do some price comparison. Until then happy computing and don't let the bit bug byte. (Say that five times real fast).

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### **Assistant Editor**

Volunteer position beginning immediately and lasting through September 1994 and taking over as Editor October '94 to March 95. Requires past experience in writing, editing, and/or journalism. Position involves assisting with the publication of The Classmate. This is a fun job for an enthusiastic, creative individual. For more information call, Sheri Byrd at 899-8867.

### **Circulation Manager**

Volunteer position beginning immediately and lasting indefinitely. Requires no past experience. Responsibilities involve distribution of The Classmate magazine one day per month. Includes arranging groups to help distribute to Student Guard Boxes, and various offices in Herrmann Hall. This is a great opportunity to get involved without giving up much time. (Approximately 3 hours, one day per month.) For more information call Sheri Byrd at 899-8867.

### **Writers**

Volunteer position beginning next month or any month you choose! The meetings are held on Thursday night, 7:30 p.m., once a month at the Editor's home. No experience necessary, just the desire to write and to share ideas with other writers.

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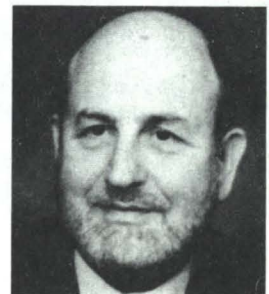


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# Living & Loving It at Fort Ord

by Sheri Byrd



3 BR Single Family House - Fitch Park

You live way out there? Do you like it? You do? Really?

We NPS folks living in Ft. Ord's Fitch, Stillwell and Marshall housing parks would like to correct what seem to be, from the reactions we get, a few commonly held misconceptions:

1. *Only a handful of NPS personnel live at Ft. Ord, so it must be lonely.* According to the La Mesa Housing Office, there are now around 400 military NPS families living in Ft. Ord housing. That's a good chunk of the total NPS population.

2. *The housing here is substandard.* We have one child and immediately received a three-bedroom, one and a half bath, stand-alone house of around 1500 sq. ft. with hardwood floors throughout that were glistening when we moved in. (No, we're not field grade.) Everything was clean and in very good condition. We have a nice dishwasher, double sink with disposal, and room enough for a washer and dryer. We have an enclosed carport, a patio, an outdoor storage shed, and a generous indoor storage closet which we have made into our office (some

have turned it into a playroom). The yard spreads to about a 1/3 acre (though we must put up with the watering and mowing), and has tremendous beautiful Monterey pines, juniper and eucalyptus trees on it. Some of the homes have been transformed into showplace gardens, beautifying the whole neighborhood. There are plenty of playgrounds within walking distance, one of which can be observed from our

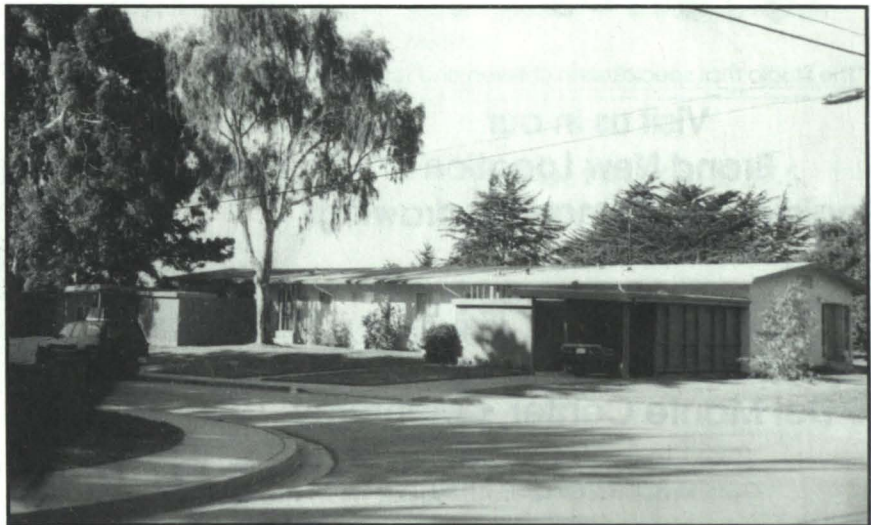
window. We were offered an 800 sq. ft., two bedroom apartment with tile floors in LaMesa which we would have had to wait a month for. Gosh, why did we choose Ft. Ord?

3. *It's a long drive to NPS or Monterey from here.* Ten to twelve minutes to NPS, fifteen to Monterey, twenty to Pacific Grove. Shorter if they would just reopen the Coe Ave. gate.

4. *The neighborhoods here are bad.* We often leave our doors unlocked, and you can leave your bikes and lawnmower in the carport when you leave on vacation. The neighbors are other students, are friendly and I've never heard of anyone gossiping here. Most people have very young children and we have not seen any loitering or graffiti in over six months of living here.

5. *Living here must be inconvenient.* The shopette is within walking distance of just about any house in Fitch, Stillwell or Marshall. The PX, with its complete shopping center including Toyland and Video Rental, and the commissary are about three

(continued on page 47)



2 BR Duplex - Fitch Park



## OSSC 1994 ART AUCTION

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Preview 6:30 p.m.

Auction 7:30 p.m.

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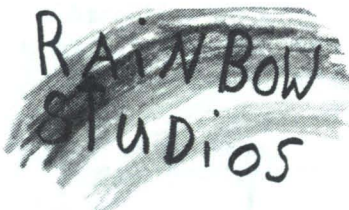
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# The Book Nook

RAIN OF GOLD

by Blake Converse

*"Some books are to be tasted, others to be swallowed,  
and some few to be chewed & digested"* Francis Bacon

An American of Mexican descent tells the story of his family's immigration to the United States from Mexico. Are you hooked yet? Probably not. But don't pass this one up quite so quickly. Almost buried in the avalanche of courtroom thrillers and spy novels that have deluged the best seller's lists in recent years, this moving and powerfully written family saga emerges as an outstanding literary achievement. Victor Villasenor carefully weaves myth with reality, folklore with history to create an alluring tale structured on the rich history of two incredible women, his two grandmothers, and grounded in the immovable steadfastness and strength of the human spirit.

After listening to countless tales of family history, home-spun legends, and Mexican folklore, Villasenor set out to chronicle the fantastic journeys of his two grandmothers and their children as they struggled to escape from Mexico and immigrate to the United States. After interviewing his father, mother, grandparents, uncles, aunts, and countless relatives, Villasenor ventured to Mexico to experience his ancestry. He traveled by plane, bus, truck, burro, and finally, after two days on foot climbing the mountains of La Barranca del Cobre, he reached the final summit. There, stretched below him, was the canyon in which his mother was born. At the head of the canyon, fed by the waters of a mountain spring, stood the remains of the gold mine that had been the source of great wealth to Mexico,

and later abject poverty to those Indians who had stayed too long. The mine was called La Lluvia de Oro, "The Rain of Gold."

Once he had seen the magnificence of the mountains, and experienced the reality behind the folk tales and legends, Villasenor became convinced that his grandmother's stories, his father's legends, and his mother's folktales *were* the truth. Of his trip over the mountains of La Barranca del Cobre he writes, "One morning, I saw Indians so shy that when I waved hello to them they froze like deer, then ran away from me with the agility and speed of young antelope. I saw swarms of butterflies so vast that they filled the entire sky like a dancing tapestry. I saw skies so clear and full of stars that I felt close to God...I took a deep breath and, little by little, I began to see that maybe one person's reality was, indeed, another's fantasy — especially if their childhood perceptions

of the world were so different. I came to understand why my father had always told me that it was easy to call another's religion superstitious."

*Rain of Gold* is an epic narrative of the Mexican immigrant's experience. It encompasses the realm of adventure, history, love story, and legend; and leaves the reader with an entirely new appreciation for the culture of the Mexican-Indian. Perhaps this story's greatest strength is its appeal to the immigrant in all of us. Even if we have not had to endure the struggle to start a new life ourselves, we can still imagine our ancestors fighting to survive in a foreign land and yet retain their own history, customs, and religious beliefs. *Rain of Gold* is not a story about a Mexican family stealing their way into the United States to take away jobs; it's a story about immigration, about pain and loss, about hard work, and finally, about success — a truly American story.



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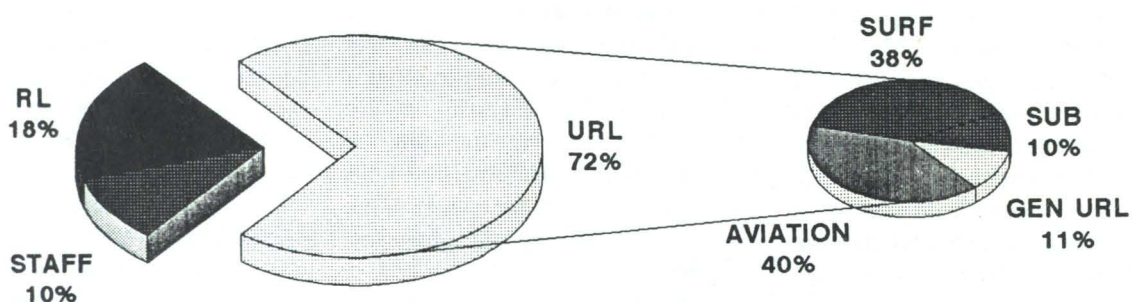
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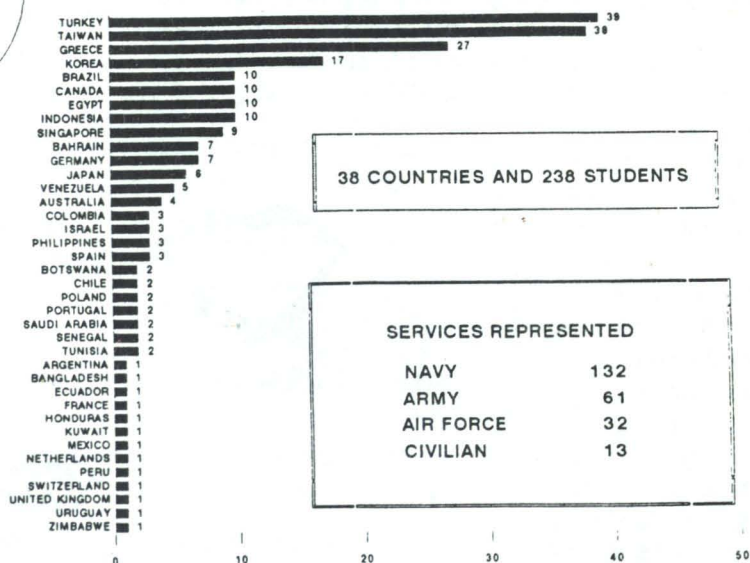
# NPS Demographics as of Jan 1st, 1994



## CURRENT NAVY STUDENT DEMOGRAPHICS



## INTERNATIONAL STUDENTS 1ST QUARTER FY 94





## 10 CURRICULA

### OPERATIONS (528)

Operations Logistics	27	Antisubmarine Warfare	28
* Operations Analysis	141	* Electronic Warfare	21
Space Systems Operations	47	Joint C3	47
* Information Tech Mgmt	162	SO/LIC	25
* Operational Oceanography	21	* EW International	9
* Open to International students			

## 11 CURRICULA

### SCIENCE AND ENGINEERING (662)

* Computer Science	114	* Naval/Mechanical Eng	103
* Combat Systems	75	* Electric Systems Eng	131
* Air Ocean Science	46	* Aeronautics/Astronautics	57
* Oceanography	10	* Aeronautical Eng Avionics	28
* Meteorology	3	* Space Systems Eng	77
* Advanced Science	18		

\* Open to International Students

## 12 CURRICULA

### POLICY/ANALYSIS (458)

Intelligence	14	Transportation Log Mgmt	10
* Nat'l Security Affairs (4)	94	* Acquisition & Contract Mgmt	50
* Strategic Plans & Policies	33	* Manpower Analysis	42
* Material Logistics Mgmt	50	* Financial Mgmt	70
Transportation Mgmt	15	* Systems Acquisition Mgmt	49
Systems Inventory Mgmt	11	* Res Plan & Mgmt for Intl Def	20

\* Open to International Students

## CURRENT STUDENT POPULATION

### 2ND QUARTER FY 94

#### TOTAL : 1778 ON BOARD

66%	NAVY	1177
6%	MARINE CORPS	100
14%	INTERNATIONAL	255
10 %	ARMY	186
2%	AIR FORCE	23
2%	OTHER U.S.	37
<hr/>		<hr/>
100%		1778



# Piracy, The New High Seas Stakes

Spotlight on a Thesis Project

by Susan Schmidt

Blackbeard, swashbuckling buccaneers, the unfurled Jolly Roger, all bring to mind images of the legends and lore of a ruthless by-gone era. A time when ships were brazenly boarded and looted, sometimes even completely spirited away. A by - gone era? Not necessarily so according to Lt. Chris Cobb National Security Affairs (NSA) graduate student at NPS. Piracy appears to be alive and thriving on our modern day high seas.

Lt. Chris Cobb is working in the Spec. Operations Low Intensity Conflict (SOLIC) dept. of NSA. He is currently involved in the research of the rising problem of piracy for his thesis. According to Cobb, piracy has always been a problem, but since 1988 it has steadily been on the rise and is becoming a significant source of conflict.

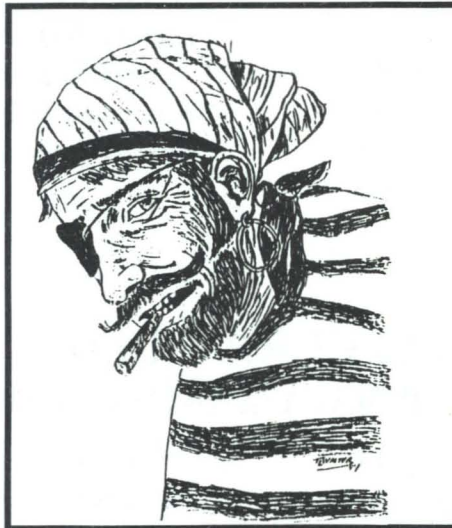
Like the pirates of old, the modern ones are serious, ruthless, and professional. They like to prey on large cargo and tanker ships, these ships making up over 50% of the types of vessels attacked. Under the cover of night, they stealthily slip along side these huge vessels, tossing grappling hooks over the sides and scaling on board. Sometimes they've boarded a ship, looted, and left before the crew even detected their presence. These daring pirates tend to work in small groups of 7 to 9, but there has been a report of a vessel being overrun by 100 pirates.

What are they after? Anything, from the crew's valuables and VCRs, to the ship's safe. Sometimes they shanghai the entire vessel, have it repainted, acquire phony paperwork from some not-so-honest harbor officials, and sail it under a new flag. Cobb did cite a few humorous cases where all that was taken were the crew's chairs in one incident or in another all they took were fifty pairs of shoes. So maybe there are a few amateurs out there. Unfortunately, those are only a few; the rest are serious

and sometimes deadly in their intent.

The majority of the cases involve large vessels, over 500 tons, some have been attacked at speeds up to 18 knots, and as far as 180 miles out to sea. "To be able to operate on that scale," Cobb said, "The pirates need to be well equipped and organized. It has been alleged that in some cases they are state sponsored"

Cobb is working on a joint project funded by the Office of Naval



Intelligence. Cobb and his fellow workers, in turn, supply the Office of Naval Intelligence with the data and research they have collected. Using the JMIE computer system, Cobb said they are able to track ships throughout the world and tap into further resources. They collect data from Lloyds of London, FBIS, the Defense Mapping Agency, and the International Maritime Bureau. The computer system compiles the information that allows them to generate graphs, charts, and maps that pinpoint current hot spots, depict patterns, and project future areas of trouble. This analysis can lay the groundwork for making recommendations to the U.S. Navy as to the nature of the problems and what measures can or should be taken to help curtail them.

Southeast Asia, Indonesia, and

West Africa are particular areas where piracy thrives. The West African coast is notorious for piracy with the states often turning a blind eye to the problem. A small island within the port of Abidjan along the Ivory Coast, is known locally as 'pirate's island'. They are so bold in this areas as even to steal from the ships as they are tied-up at the docks. Southeast Asia and Indonesia generate high rates of piracy due to the area's difficulty in patrolling the numerous tiny inlets and waterways and problems with regulation.

The increase of piracy presents a number of problems worldwide, from the economical to the environmental hazards. When a large oil tanker is seized and left disabled, a drifting oil tanker can be an environmental nightmare. It disrupts trade worldwide, with many companies decreasing or stopping altogether any shipping in a high-risk area of piracy. Cobb noted the cases reported, "represent only 50% of actual incidents; many never get reported." The data they receive is just the tip of the iceberg.

The current increase of piracy suggests an interesting parallel to Cobb, from our modern day problem to the 19th century prevalence of piracy. In the 19th century the British Royal Navy was experiencing a drawdown. Their fleets were being mothballed and were under public scrutiny as to the need for the expensive upkeep of a large naval fleet. It was at this time that the legends of piracy had their heyday. The seas were fearlessly for the taking. Perhaps today's pirates are emboldened by this same fearlessness. It poses an interesting parallel that could have far-reaching significance for our fleets. Cobb believes, "Combating piracy may provide a new mission for the Navy. It does up the ante of the stakes to be won or lost on our high seas today."



# HOT

# Summer Break Specials

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### **Carnival Cruise Line**

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June 20, 1994

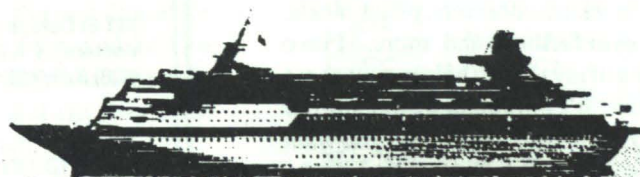
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## SATO TRAVEL

By Susan Everingham



My favorite thing in the world besides my family and The Classmate, is traveling. Part of marrying a military man was the enticement of living somewhere new every two to three years and never having enough time to get bored. Located in building 301(next to the Campus Corner) is a place just waiting to help you with all your travel needs! SATO travel allows active duty, retired military and their families a chance to save money on all their travel needs. The folks at SATO travel make reservations for airlines, hotels, rental cars, Eurail, cruises, and offer tour packages to many exciting destinations.. SATO travel has an "At Ease" program that's FREE!! Membership entitles you to special discounts and added values on choice hotels, rental cars, free breakfasts, children and grandchildren staying free and more!! Some of the hotels include, Clarion, Quality Inns, Comfort Inns and Suites, Econo Lodge, Rodeway Inn, Sleep Inns, and Friendship Inns. One great thing about SATO Travel is you save a lot of money on your tickets. The very best thing about SATO is that everytime you purchase a ticket you are helping out MWR! A percentage of each ticket purchased goes into a fund which helps the elementary school, child development center, playgrounds, pool, gym facilities and more. I love the idea of my money helping out these facilities. It's important to support our own community. Next time you want to go somewhere let SATO Travel take care of all the plans and you just enjoy your trip! Phone number: 656-3357/3358.

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## Don't Throw It Away!

*One military family's trash is another's treasure*

by Sheri Byrd



Each year about the first of June, the dumpsters around the NPS military housing areas fill up and spill over with items we just don't want to move again. Pressed for time and energy, we just take those old clothes, coats, lamps, night tables and mattresses to the nearest point where we know someone will come and take it away for us. Unfortunately, this is usually the dumpster.

And yet, in the surrounding community, and certainly even within the Monterey military community, families do without basic comforts which others simply throw in the dumpster. Some certainly have economic trouble, and others are the international students at NPS who are not allowed to bring any furnishings with them here and must "camp out" with their families for a year or two.

If you're moving this year, or if you're just doing some Spring cleaning and redecorating, DONATE those household items where they can be put to good use. Many organizations will come right to your door and load your stuff on their truck (also providing you with a tax-deductable receipt for your contribution).

The following is a partial list of where to donate household items around the Monterey military community. Certainly there are more places to give, but these are the most convenient and most likely to reach fellow military families.

### WHERE TO DONATE HOUSEHOLD ITEMS:

#### International Students'

#### Furniture Locker

- Call Nanke Franken at 372-5235 or drop her a note at SGC 1596.
- Items will be picked up from your home and given to families of NPS international students.

#### NPS Thrift Shop

- 375-8093. Next to Campus Corner & SATO office, Bldg. 301.
- Drop boxes just outside store for donations any time.
- Open Mon. & Thur. 10am-12pm, First Sat. of each month 10am-12pm.

#### Ft. Ord Thrift Shop (Yes, it is staying open.)

- 899-4975. Bldg. 3107 on 4th Ave., next to Outdoor Recreation.
- Items for donation can be dropped off any time.
- Open Wed. and Fri. 10 a.m to 4 p.m. Consignments accepted 10 a.m. to 1 p.m.



#### Goodwill Industries

- Trucks parked to accept donations any time at:
  - \* Ft. Ord PX parking lot
  - \* Seaside K-Mart parking lot, Cyn del Rey & Del Monte
  - \* Safeway parking lot, 1212 Forest Ave., Pacific Grove
- Donations accepted at stores:
  - \* Broadway, Seaside 394-1212
  - \* Lighthouse, Monterey 649-6056

#### The Salvation Army

- Truck will pick up from your home:
  - 1-800-336-4900
- Donations accepted at:
  - Thrift Store, 1850 Fremont St., Seaside 394-6507

#### Note:

- The International Student Furniture Locker, NPS Thrift Store and Ft. Ord Thrift Shop are staffed by military family member volunteers and can always use another helping hand.

## MASSAGE THERAPY REDUCES STRESS

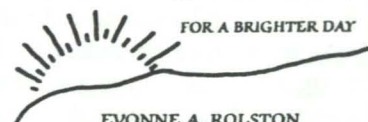
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## O.S.S.C. Can You Afford College?

The Officer Students' Spouse Club (OSSC) is offering scholarships to dependents of military personnel assigned or attached to the Naval Postgraduate School, to help meet the ever-increasing cost of higher education. Several scholarships are available this year, through the OSSC and the USPA & IRA Educational Foundation.

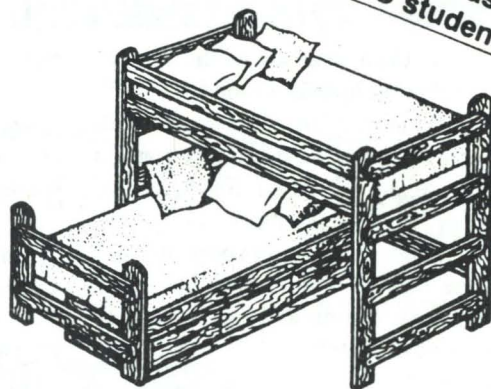
The OSSC scholarships are open to dependent spouses or children of military personnel affiliated with the Naval Postgraduate School. Applicants may be pursuing an undergraduate or postgraduate degree on a full-time or part-time basis. One scholarship is awarded solely to an OSSC member or dependent of an OSSC member. Each recipient will receive at least \$500. In the past, scholarships have been awarded totaling \$4,000.

On behalf of the USPA and IRA Educational Foundation, the OSSC is offering one \$1,000 scholarship to a dependent child of an active, retired or deceased military member from any branch of service. The applicant must be an undergraduate entering their first or subsequent year of study. USPA & IRA, a financial planning and insurance services organization, with offices in Monterey, has offered this scholarship through OSSC for several years.

Scholarship awards are based on overall merit, academic promise and participation in extracurricular activities. Applications are available through the Family Service Center at the Naval Postgraduate School, or by calling the scholarship chair-person, Paige Whitlock, at 393-2527 (evenings). The deadline for returned applications is April 22.

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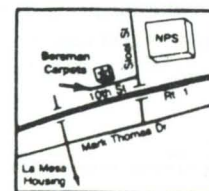
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The Easter Egg Hunts will begin at noon. Please bring your own baskets in which to collect eggs. There will be a limit on the amount of eggs each child can get. Please remind your child that the Easter Bunny likes little boys and girls who share!

In order to make this the best event possible we need your help. Please call Joni Murdock 655-5810 if you can help in any way.

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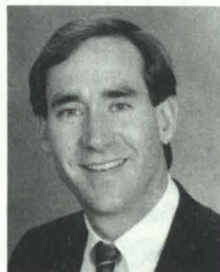
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# Sponsoring International Friends

by Amy Converse



Kathy may not realize this, but I consider her a very special friend and one who I will miss when she returns home to Japan this June. "Kathy" may not seem like a Japanese name and that's because it isn't, it's American. For the purposes of this article I've "Americanized", hence changed, our sponsored family's names. However, this article is certainly devoted to Kathy, her husband, her little boy and the friendship we have shared.

Sponsoring an international family can be a fun and an enriching experience. Of course, this is dependent on how much time and interest you invest in developing the friendship. Obviously not all families will "click" but most times the families are well matched. The "M" family, our sponsored family, arrived in Monterey in January of 1993. I offered to tutor English to Kathy because she was unable to attend English classes since her son was too young for daycare. Every Tuesday night we sat together over a cup of coffee and cookies and struggled to communicate. Kathy, despite her shyness, was eager to speak English and was a quick learner. She is a true friend; she was always patient and accomodating with my overwhelmingly busy schedule. She never failed to offer me dinner, knowing that I raced from work or school over to her home for English lessons. I say "English lessons" but essentially we talked and got to know each other. We began to do more things together and I learned just how difficult some of the simplest tasks can be when you are in a foreign country.

Several of our excursions included shopping and a good part of the time was spent laughing as I explained sizes, sales, payment techniques and all the other little things we take for granted. I'll never forget Kathy's face when she tasted a piece of the infamous fudge made in a little shop on Cannery Row...she grimaced! But she immediately laughed and bought my husband's favorite flavor as a special "thank you" for spending the day together.

Our friendship isn't a one-sided cultural exchange. I am in awe of her talent and skill for calligraphy and I am delighted with her ability to create a lavish, traditional Japanese meal for us. I learned about her home, their families, her childhood and her dreams. My only regret is that we don't have too much more time to spend together. Ultimately, a friendship grows and becomes stronger depending on how much time and care is invested in it. For those of you who are newcomers to NPS, the Director of the International Office, Gary Roser will speak to you about the International Committee Office, the trips they arrange for you and your family (group trips) and will have forms available at the New Student Orientation. If you have been here for a while but think you are interested in sponsoring a family, there are forms available in the International Committee Office located in Herrmann Hall, Bldg. 222 Room 89 (in the West Wing). They accept every applicant and, after filling out a form, they will try to match you with a family: first by similar curriculums, then marriage

status and children, and by which country you've requested.

Many international families get help from their fellow countrymen that are already attending NPS. However, initially you may need to advise them on housing matters, suitable areas to rent an apartment, the Commissary and PX, locating a used car or obtaining a CA drivers license (very important!). Again, the level of commitment is determined by you and your international family. If you have any questions or need more information, please call the International Office at 656-2186.

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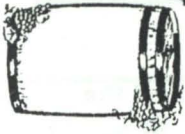
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## "CELLAR TO CELLAR"

*Educating yourself about wine*

by Valerie J. Bourque

How do you begin learning the different types of varieties of wine so you "know what you like"? With over 30 different species of wine grapes, learning about each grape variety may appear to be a formidable task. One need only become acquainted with the most common of varietal grapes to begin understanding the mysteries of enology.

The most significant grape species is the vinifera. Vinifera produces the type of wine most people in California are accustomed to drinking.

Within the species of the vinifera grape there numerous varieties. It is nearly impossible for anyone to learn, know and remember wine made from every variety of grape. Therefore, the neophyte wine taster should concentrate learning the most commonly

special emphasis on Monterey County wines.

March 15 - 17th is the annual Monterey Wine Festival held in downtown Monterey. This event is for the serious wine student as the price ranges from \$175 to \$350 per person. There are seminars, tastings and dinners throughout the days. For more information you may contact 656-WINE. Valerie Bourque has been involved in the wine industry for approximately 12 years, teaching wine appreciation classes, writing the wine column "CELLAR TO CELLAR" and promoting California wines. She currently holds a Wine Tasting class Tuesdays, 7:00 - 9:00 pm at NPS, through MWR.

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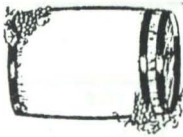
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The most significant grape species is the vinifera. Vinifera produces the type of wine most people in California are accustomed to drinking.

Within the species of the vinifera grape there are numerous varieties. It is nearly impossible for anyone to learn, know and remember wine made from every variety of grape. Therefore, the neophyte wine taster should concentrate learning the most commonly used grapes.

The most common red varietals are Cabernet Sauvignon, Zinfandel, Merlot, Gamay, Barbera, Pinot Noir, and Pinot St. George. White wine varietals are typically Chenin Blanc, Pinot Blanc, Chardonnay, Sauvignon Blanc, Johannesburg Riesling, Sylvaner, and Gewurztraminer. The tastes of the public change constantly. Today the most popular red is Merlot, preferred 3 to 1 over Cabernet. The most popular white remains the buttery Chardonnay with Pinot Blanc right behind.

Regardless of whatever the public may like, the only important wine is what you like. As you learn more about the varieties of wine, you will find your taste may also change. Beginning your study with California wines will enable you to make a smoother transition into learning the classification structure of European wine.

There is an event which will enable you to 'taste' the many different varietal wines of California with a

special emphasis on Monterey County wines.

March 15 - 17th is the annual Monterey Wine Festival held in downtown Monterey. This event is for the serious wine student as the price ranges from \$175 to \$350 per person. There are seminars, tastings and dinners throughout the days. For more information you may contact 656-WINE. Valerie Bourque has been involved in the wine industry for approximately 12 years, teaching wine appreciation classes, writing the wine column "CELLAR TO CELLAR" and promoting California wines. She currently holds a Wine Tasting class Tuesdays, 7:00 - 9:00 pm at NPS, through MWR.

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## COSTAL CUISINE : DEL MONTE EXPRESS

by Susan Everingham



When you enter Del Monte Express you are immediately surrounded by trains and the aroma of wonderful food. Best known for their "Adult five napkin burger" the Express is an experience to be enjoyed by all family members.

Del Monte Express gets its name from one of the best known trains of the west. This locomotive arrived every morning to deliver two thousand pounds of meat, poultry, fresh fruit and vegetables to the old Hotel Del Monte which is now Herrmann Hall.

My family enjoyed our meals at the Express. I had the famous burger and my plate overflowed with french fries and lettuce and tomatoes. As I ate, I noticed the customers around me being served and all the plates were

filled to overflowing. My two year old enjoyed her "Express little puffer belly" burger with alphabet fries. For kids seven and under; the menu also includes ham or turkey. All of the menu items are named for locomotives. They have over eighteen hamburgers!!!

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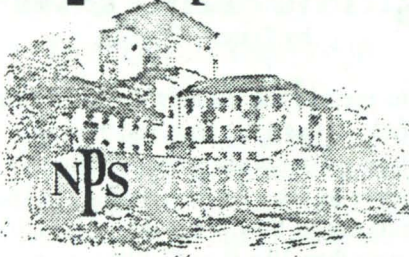
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## nps profile

The Naval Postgraduate School is in its 85th year of operation. The development of a naval institution of higher learning dedicated to the advanced education of commissioned officers began June 9, 1909, when the Postgraduate Department of the U.S. Naval Academy was established at Annapolis. Ten officers made up the first class, three professors formed the faculty, and marine engineering was the one course of study. In 1919, the postgraduate department was renamed the United States Naval Postgraduate School, but still operated as a part of the Naval Academy.

Between 1945 and 1948, Congress established the school as a separate activity under its own superintendent, created the office of Academic Dean and granted the authority to award bachelor's, master's and doctoral degrees. It also approved Monterey, the site of the historic Hotel Del Monte, as the future home of the school. The Navy officially established the school on the west coast in December 1951.



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(Compiled by the Public Affairs Office)

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The nucleus of the Naval Postgraduate School, Herrmann Hall, was once one of the premier luxury hotels in the world. The Hotel Del Monte transformed Monterey from a tiny fishing village into a social mecca.

Built by San Francisco's "big four" railroad tycoons Charles Crocker, Leland Stanford, Collis P. Huntington and Mark Hopkins, the hotel boated many firsts in its 62 years of operation. It was the Del Monte that built California's first golf course, first polo field, first horse racing track and special dirt track for the newly emerging "automobilist."

This building is actually the third Hotel Del Monte. The first was destroyed by fire in 1887 and the second nearly destroyed, again by fire, in 1924. The original hotel and the 1887 reconstruction were designed in the Swiss Gothic style.

The building which exists today is a composite of construction. The four-story, "H-shaped" central building was completed in 1926, while the east and west wings remain from reconstruction after the 1887 fire.

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# Walking the Big Sur Marathon

by Tracey Vaughan

The rugged Big Sur coastline may very well be the most beautiful coastal drive in the country. It is also the sight of one of the most challenging marathons in the world. The Big Sur marathon, held each year on the last Sunday in April (Apr. 24, this year), it is a grueling - but breathtaking - 26.2 mile test of endurance for nearly 3,000 marathoners from around the world.

But wait - don't stop reading. Run a marathon? Forget it! But how about walking a moderately demanding, non-competitive 7 or 10 mile course for a memorable Big Sur experience you'll think about for years to come?

This year will mark the sixth year of "The Walk", an event created three years after the marathon began to allow the hundreds of un-marathon types to still enjoy the beauty, activity and fun of this unique annual event. Imagine walking right down the middle of the rolling, curving Highway One, the Pacific surf crashing hundreds of feet below you, striding across the landmark Bixby Bridge with no cars threatening to run you off the road. On this one day of the year, Big Sur's Highway One is closed to through-traffic, except for occasional "caravans" led through by official race escorts.

Unlike other marathons or group walks, this one is special - a limited number of 1,500 participants (up 500 from previous years) are allowed to enter, trailing the pack of runners that start their race much earlier than the walkers. All 1,500 walkers are bused out to a point along Big Sur that is approximately the 10 - mile point for the marathoners - that's a lot of buses! Before boarding the buses, the walkers get ready at the Carmel Middle School meeting point, stretching, drinking coffee and eating pastries, conversing with friends and meeting new walking partners. The half-hour bus ride stops at a wide spot in the road, with (thankfully!) lots of port-a-potties and a water station

to prepare the walkers for their long trek. At this point, however, the walkers have an important responsibility — to serve as the cheering section for the runners as they come into view after more than 10 miles of solitary running witnessed by no more than the handful of spectators. Suddenly, the first runners come racing down the slope, and the walkers go wild. From the delighted smiles and "high-fives" of the marathoners, this unexpected cheering section is a welcome and encouraging experience. For the walkers, the dedication and endurance of these men and women, young and old, are inspiring as well. The excited walkers, all sporting a "#1" race bib, crowd to the starting line, eager to start the day's event.

If you're lucky, the day will be all blue skies and sunshine — wear sunblock and dress in layers, and don't forget your sunglasses. Water stations are plentiful so you don't need to bring your own. A camera is a necessity to commemorate the event, especially when you round a curve and see a baby grand piano sitting on a bluff, played by tuxedo-suited local musician, Jonathan Lee, silhouetted against the horizon. Classical music has long been a tradition of the marathon, with the local symphony and high school ensembles situated here and there along the course.

If you're thinking of taking part in this incredible event, early registration is recommended, as The Walk sells out nearly every year. Registration fees are on the steep side — \$35 if you register before Mar. 31; \$45 thereafter; no registration on race day — which includes an official "The Walk" t-shirt featuring an original design, usually by a local artist (last year's design was created by local resident and well known artist, Laurel Burch). However, it helps to know that a large portion of the event's proceeds go to a wide variety of charities throughout the Big Sur and Monterey

Peninsula areas. As race time draws near, many businesses around the Peninsula will have forms available, but to be on the safe side, request a form by mail. Send a self-addressed stamped envelope to the Big Sur Marathon offices: The Walk, P.O. Box 222620, Carmel, CA 93922.

Be forewarned that you will be asked to choose which course you want to walk — 7 or 10 miles — at the time you register, and you can't change your mind when you're on the course, due to the bus situation. A 3 mile difference may not sound like much now, but can seem a million miles when your feet are aching and your legs feel like lead after 7 miles, so be realistic about your abilities. Also, this walk is not for young children — no strollers (or wheels of any kind, i.e. bikes or skates) are allowed and kids must be 10 years of age or older to participate. If running is more your style (but not 26 miles), you might also consider the 5K (3.1 miles) race, a fairly new addition that started 2 years ago. Registration fee for the 5K is \$18 adults; \$14 for kids under 18. After Apr. 14, 5K entry fees go up to \$24.

The recreation trail in Monterey is a good place to begin training for the big event. The distance between Fisherman's Wharf and the Monterey Bay Aquarium is about one mile. Between the wharf and Lover's Point, round trip, is nearly five miles. Start slowly, and build up. Find a buddy to walk with you, or carry a walk-man with your favorite music or books on tape — book stores and the Fort Ord video rental carries a wide selection of books-on-tape for rent.

Walking in the Big Sur marathon is an experience you won't regret and will not soon forget. So get yourself some good walking shoes, socks that don't rub, and just do it! The memories you create will provide the perfect souvenir of your time spent on the beautiful Monterey Peninsula.



# On My Last Ship

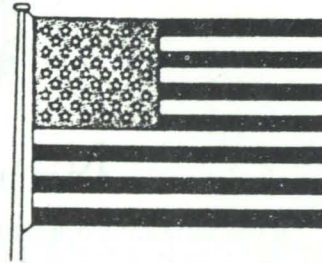
Total Quality Leadership  
by LT. Jay Wigley

On my last ship, one of my fellow officers received the following compliment in his Fitness Report: "LT. consistently does more with less." He was very proud of his ability to make do with what he had. "Just do it" was his motto of choice. For many of us in the military, an order to "just get the job done by any means possible" is a command to be relished. We take pride in our ability to overcome the juggernaut of bureaucracy and still accomplish the essential mission. Yet, there is a movement afoot from within the Department of Defense that would take that pride and transform it, from pride in overcoming a system of red tape to pride in continuous improvement. The movement is called **Total Quality Leadership**.

**Total Quality Leadership**

General Quarters on a ship or an emergency evacuation plan for a sinking submarine. It is not an easy transformation to make, going from "management by objective," or "just get the job done," to "make the process better today than it was yesterday."

In the decade or so since the Navy first began to implement it, TQL has become something of a buzzword with a different meaning for every person that hears it. Probably the most devastatingly wrong idea about TQL is that it is some kind of "touchy-feely" system of management (as opposed to leadership) that takes the decision making power away from the officers and gives it to the new recruits. Nothing could be further from the truth. Instead of taking power away from any level of the chain of command, TOL only adds



points" says that a quality organization will "cease dependence on mass inspection." What military officer can honestly say that his last command did not rely on inspection to correct problems? Another tenet of Dr. Deming is that quality organizations will "end the practice of awarding business on price tag alone." We all know that the "lowest bidder" gets the contract, and the rest of us suffer with the main engine that will not stay repaired, the radar that seems to always need a civilian technical expert to repair it, and the office copier

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# Walking the Big Sur Marathon

by Tracey Vaughan

The rugged Big Sur coastline may very well be the most beautiful coastal drive in the country. It is also the sight of one of the most challenging marathons in the world. The Big Sur marathon, held each year on the last Sunday in April (Apr. 24, this year), it is a grueling - but breathtaking -26.2 mile test of endurance for nearly 3,000 marathoners from around the world.

But wait - don't stop reading. Run a marathon? Forget it! But how about walking a moderately demanding, non-competitive 7 or 10 mile course for a memorable Big Sur experience you'll think about for years to come?

This year will mark the sixth year of "The Walk", an event created three years after the marathon began to allow the hundreds of un-marathon types to still enjoy the beauty, activity and fun of this unique annual event.

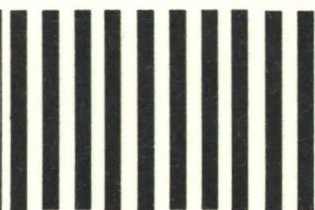
to prepare the walkers for their long trek. At this point, however, the walkers have an important responsibility — to serve as the cheering section for the runners as they come into view after more than 10 miles of solitary running witnessed by no more than the handful of spectators. Suddenly, the first runners come racing down the slope, and the walkers go wild. From the delighted smiles and "high-fives" of the marathoners, this unexpected cheering section is a welcome and encouraging experience. For the walkers, the dedication and endurance of these men and women, young and old, are inspiring as well. The excited walkers, all sporting a "#1" race bib, crowd to the starting line, eager to start the day's event.

If you're lucky, the day will be all blue skies and sunshine — wear sunblock and dress in layers, and don't

Peninsula areas. As race time draws near, many businesses around the Peninsula will have forms available, but to be on the safe side, request a form by mail. Send a self-addressed stamped envelope to the Big Sur Marathon offices: The Walk, P.O. Box 222620, Carmel, CA 93922.

Be forewarned that you will be asked to choose which course you want to walk — 7 or 10 miles — at the time you register, and you can't change your mind when you're on the course, due to the bus situation. A 3 mile difference may not sound like much now, but can seem a million miles when your feet are aching and your legs feel like lead after 7 miles, so be realistic about your abilities. Also, this walk is not for young children — no strollers (or wheels of any kind, i.e. bikes or skates) are allowed and kids must be 10 years of

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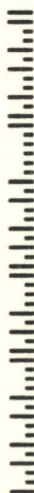


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THE WASHINGTON POST

# REAL ESTATE

SATURDAY, JUNE 30, 1990

Long & Foster Realtors, the largest real estate firm in the Washington Area, is one of the top-ranked real estate firms in the country, according to the Consumer Reports survey.

Long & Foster, a 22-year-old firm with 173 offices from Baltimore to Norfolk, scored a 77 total on the overall 100-point home-seller satisfaction index, which made it the second-rated firm in the country, according to the survey of 72,000 Consumer Reports readers.

Topping the list was Edina Realty, which operates in Minnesota and Wisconsin and received a 78 percent approval rating among Consumer Reports readers. Long & Foster edged out two other national firms—Re/Max and Merrill Lynch Re-

alty, now known as Prudential Real Estate Affiliates, both of which have offices in the Washington area.

"We were thrilled," said P. Wesley Foster, Jr., president of Long & Foster, who attributed the strong ranking to good sales agents and an accomplished training department.

Several large national companies left readers more dissatisfied. Century 21, the largest brokerage firm in the country, won a 69 percent approval rating, while 68 percent of the readers surveyed who had sold their homes in the past four years were pleased with the performance of ERA Real Estate.

—Kirstin Downey



# On My Last Ship

## Total Quality Leadership

by LT. Jay Wigley

On my last ship, one of my fellow officers received the following compliment in his Fitness Report: "LT. consistently does more with less." He was very proud of his ability to make do with what he had. "Just do it" was his motto of choice. For many of us in the military, an order to "just get the job done by any means possible" is a command to be relished. We take pride in our ability to overcome the juggernaut of bureaucracy and still accomplish the essential mission. Yet, there is a movement afoot from within the Department of Defense that would take that pride and transform it, from pride in overcoming a system of red tape to pride in continuous improvement. The movement is called **Total Quality Leadership**.

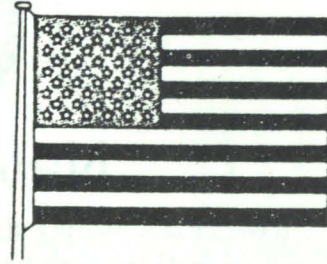
**Total Quality Leadership (TQL)** began to be implemented in the Navy in the early 1980's. The Navy was late coming aboard the Quality movement, however. As many of us are all too aware, Japanese industry incorporated the basic tenets of the Quality movement in the 1950's. Their reputation as a manufacturer of quality goods and services stood unchallenged as recently as the mid-1980's. Only very recently has American industry (Ford Motor Co., for instance) produced the same or better quality in its products.

Surprisingly American industry got there using the principles of TQL. But, don't get me wrong, TQL is not simply about making a better product or providing a better service. The most fundamental idea behind TQL is continuous improvement. TQL would take a philosophy that many of us employ every day in our physical fitness routines (lift more weight, run longer and faster, do more pushups than the day before) and apply it to the essential processes of the workplace. An "essential process" in a military environment might be a battle plan for

General Quarters on a ship or an emergency evacuation plan for a sinking submarine. It is not an easy transformation to make, going from "management by objective," or "just get the job done," to "make the process better today than it was yesterday."

In the decade or so since the Navy first began to implement it, TQL has become something of a buzzword with a different meaning for every person that hears it. Probably the most devastatingly wrong idea about TQL is that it is some kind of "touchy-feely" system of management (as opposed to leadership) that takes the decision making power away from the officers and gives it to the new recruits. Nothing could be further from the truth. Instead of taking power away from any level of the chain of command, TQL only adds power to those levels of the organization that had little or no voice before. Those personnel who take the hill, fight the fire, and shoot the missile are a valuable source of ideas for improvement, and their opinions should be sought out, cultivated. In the heat of battle, no one wants to (or can) take the time to question his men about the best way to achieve the objective. No one would expect him to. Yet, in the post battle assessment, TQL would provide a method for analyzing what went well, and what didn't go so well. Most importantly, TQL would provide a means for improving the plan of attack so that the chances of success the next time are improved.

Other potential critics of TQL argue that leadership "is what the military is all about" and that we already have been practicing the principles of TQL for years. Perhaps the best illustration of what is and what is not TQL comes from the father of the Quality movement (of which TQL is only one small part) Dr. W. Edwards Deming. One of Dr. Deming's "fourteen



points" says that a quality organization will "cease dependence on mass inspection." What military officer can honestly say that his last command did not rely on inspection to correct problems? Another tenet of Dr. Deming is that quality organizations will "end the practice of awarding business on price tag alone." We all know that the "lowest bidder" gets the contract, and the rest of us suffer with the main engine that will not stay repaired, the radar that seems to always need a civilian technical expert to repair it, and the office copier that is seemingly always broken.

Perhaps the greatest barrier to setting up TQL in the Navy is my old friend LT. The Navy recruits the "best and brightest," people who take pride in their work and who are proud to serve their country. For years military personnel have "made do" often with poor supplies and inadequate time for training and have gotten the job done. In an era of an increasing defense budget, unlimited Congressional support, and a Department of Defense that believes in the six hundred ship Navy, the work of LT. and others like him was enough. But in today's world of shrinking budgets, base closures, and a Navy struggling to find its mission, TQL will provide the means to survive. The Navy under TQL will get better. It has to get better. The old ways of doing business are not good enough anymore. "Just get the job done" will give way to making the organization work more effectively. Perhaps this is the hidden blessing of the current cutbacks. After all is said and done, the Navy will be a Quality organization, the best in the world.





## Navy Relief

If you are interested in getting out of the house and volunteering, just give us, the Navy Relief, a call or come by the office and we will keep you busy. We have positions open for volunteers as interviewers, receptionists, committee chairpersons, committee members, thrift shop workers, hospitality locker workers, and many others. The best part is we reimburse you for child care! If you do not want to leave the tykes at home, you

can work for us at home knitting and crocheting the baby items that we give to new parents.

If you have got a talent that we have not mentioned, look us up and tell us. We will think of a way to put it to use. We need you and we need your special gifts. Call us at 373-7665, or come by our office, in Herrmann Hall downstairs from the Quarterdeck, Monday, Wednesday and Friday from 10a.m. - 1 p.m.

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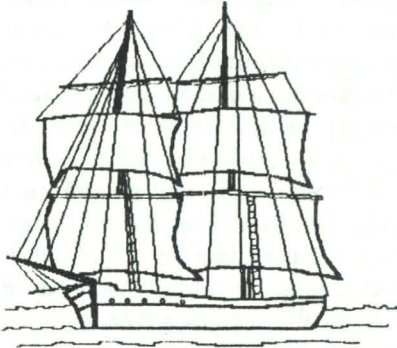
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## Spring Tour of Cooper Molera and Old Monterey Adobes

SPRING IS HERE! *It's that time again, time to attend one of Monterey's most successful annual events.*



On April 30th 1994, the OSSC will be hosting the Cooper Molera Adobe. This year Monterey's History and Arts Association has added some new events sure to make for an exciting day. Tickets for admission are \$10 for military and \$15 for civilians. Your ticket to the Spring Adobe Tours will not only allow you to tour all 23 adobes but will also find you enjoying breakfast at "The Baker's Breakfast" at Memory Gardens in The Double Tree Hotel. For those of you who are nautical buffs, the tall ship "The Californian," a replica Coast Guard Cutter from the late 1800's, is making

is making home port in Monterey, and will be yours to tour also. The Maritime Museum is another nautical stop provided in the days events. Spend the day making your own schedule seeing what beautiful Monterey's history has to offer. At lunch time when your stomach starts to grumble, come visit Cooper Molera's beautiful garden for a barbecue lunch. To finish up the day, Casa Derrano will be having it's annual Tea. What a way to start off spring!

For those of you who would like join us in all the fun, history, Adobes and refreshments, please call Shannon Eagle at 649-0207 for more information.

### VOLUNTEER INFORMATION:

Volunteers for this event spend approximately 2 hours as docents for Cooper Molera and then get the rest of the day to go on the Adobe Tours for free. It has always been an event that volunteers from previous tours sign up for again. Refreshments, costumes and entrance to the day's events will be provided along with a fulfilled day, so come and join us to make this year Adobe Tours a success for Monterey and another great success for OSSC.

For more information, or to volunteer, call Shannon Eagle at 649-0207.

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## What You May Not Know About California State Laws

by Amy Converse

Did you know that under law V.C. 13353.2 (Amended) your teenager (anyone under the age of 21) could have his/her driving privileges suspended, under authorization of DMV, if caught driving with a B.A. content of 0.01 (not much!) or higher as measured by a preliminary alcohol screening test?

Considering that most of us have moved at least twice in our military careers, we know it's important to find a babysitter, a reliable place to fix your car, to basically learn our way around town and settle into our new home. Once settled, we rarely concern ourselves with community events, elections, or laws since we are busy with our own everyday affairs. However, it is important to be familiar with the laws of the state you are living in if only for your safety and protection. This article is solely concerned with the new or amended laws created in 1993. Assuming that none of us will commit a felony, I'll move on to consumer law, education codes, vehicle codes, and some misdemeanors.

Under the Civil Code (C.C. 1722-Amended-Ch.28), it..."Provides that when a consumer contracts with a retailer for service or a repair, the retailer shall specify, to the date of service or repair, a four-hour period within which the service or repair shall begin." Another law in CA that we should be aware of is the Consumer Law (Civil Code 2982, Civil Code 2984.3, Civil Code 2986.2, V.C. 11709.2-Amended and New- Ch.1092)..."Requires that conditional sales contracts and lease contract shall contain a notice stating that California law does not provide for a "cooling off" or other cancellation period for car sales. Requires that car dealers conspicuously display such a notice in each sales office, sales cubicle, and room where sale and lease contracts are regularly executed."

Several other laws that are of particular interest to me, since I am a

teacher, and I'm sure will alleviate possible apprehensions in parents sending their children to a CA middle or high school deal with Education. The first two laws fall under the Education Code and the second two are listed under New Felonies. (Ed.C. 35183-New- Ch.435) states that..."The Legislature declares that "gang-related apparel" is hazardous to the health and safety of the school environment, and authorizes schools to adopt reasonable dress code regulations that prohibit pupils from wearing gang clothes." And the other law is Ed.C.49076.5-New-Ch.561)..."Requires school districts to release pupil record information to designated peace officers when probable cause exists that the pupil has been kidnapped and that his/her abductor may have enrolled him/her in school. Only designated peace officers, whose names have been submitted in writing to the school district by a law enforcement agency, may request and receive the above information. Disclosing or using the information for any purpose other than to assist in the kidnapping investigation, is punishable as a misdemeanor."

The last two deal with criminal street gangs and are serious enough to warrant a felony charge. (P.C. 186.26 a/c Ch. 557) says that..."A minor, age 16 or 17, using physical violence to

\*\*\* If you are interested in reading an entire listing of all new laws or amendments made in 1993, there is a booklet available at the courthouse and can be located in Attorney Keeley's office.

coerce, induce, or solicit a minor under age 18 to actively participate in a criminal street gang"...is a serious crime. And. ( P.C. 186.26 b/c Ch 557) is essentially the same law except it states, "threatening a minor with physical violence on two or more occasions within a 30 day period..." I realize these laws sound scary and possibly not applicable to most of us, however gangs are prevalent in inner city schools in CA and although they are not an immediate problem, it's important to be informed about these tragic changes in society.

Others that relate to health they protect our children. (V.C. 14601.5-Amended- Ch. 1292)..."Prohibits anyone under age 18 from riding a bicycle, or riding in a bicycle restraining seat, or in a trailer towed by a bicycle, without a properly fitted and fastened bicycle helmet that meets certain standards. The first violation of this section in 1994 shall bring only a warning, and not a notice to appear. Any other violation will result in up to a \$25 fine." Another important law is (V.C. 23116- Amended - Ch. 895) which..."Prohibits all persons, regardless of age, from riding in the back of a pickup truck or flatbed truck, unless the person is secured with a restraint system, or the person is being transported in an emergency, or the person is enclosed in a camper shell."



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# SALINAS

By Lizette Peredo Varner

Yes...we live in Salinas. It doesn't seem like the normal NPS way of life, but here we are. How we got here is sort of a fluke. When we visited California for house-hunting leave in October, we were extremely early. We could not find someone willing to hold a house for us until December and we were desperate.

But then fate took its course. We bought a "Californian" and started looking through the classifieds. We were so desperate, we even looked at a house in Prunedale! Talk about a drive! We eventually found a great house with a landlord willing to hold it rent free. Thus, Salinas became our home. When we tell people from NPS where we live, most have quizzical looks on their faces. We can imagine the thoughts racing through their minds... Salinas... Mars... Salinas... why? We never tell anyone where we live without offering an

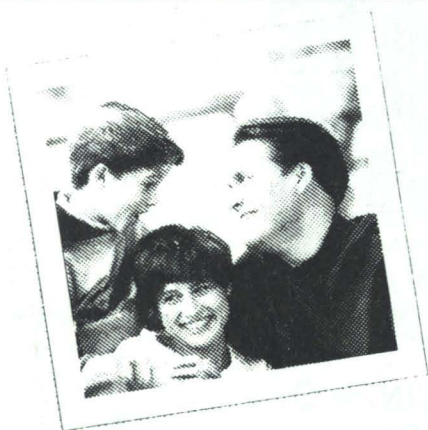
explanation, just like the one I told you. Fortunately, we have discovered there is life in Salinas. We spend many weekends puttering around town. Old Main Street is a great walking tour offering antique shops, a coffee shop and some great family-owned clothing stores. **Fox on the Green** restaurant, a personal favorite, serves lite lunches such as vegetable sandwiches, salads and delightful soups. The restaurant offers a uniquely quaint environment. Meals are served on beautiful, mismatched china and there are no two wooden tables or chairs alike. It also sells stationery, candles and other gift items typical of any country shop. Across the street, the **Fox Theater** offers elegant architecture of a bygone era. There is always a double feature playing and the admission is only \$3-\$4; Thursdays are two for one. Although it takes longer to show current movies, it does play good

ones. In the past it has shown "The Firm," "Sleepless in Seattle" and "Wayne's World 2." It is very romantic to watch a movie from the balcony.

Another good thing to know is that you can't beat the barbecue meals at **Smalley's Round Up**. It serves generous portions at very reasonable prices. Call for reservations because it's a town favorite and always crowded. If you can't get in, you can always take out.

The California Rodeo has been presented in Salinas since 1911. It offers daily horse parades, the California Rodeo Heritage Museum and even a Sunday church service. Events include favorites such as barrel races, bull riding and steer wrestling. Tickets can be purchased prior to the event to ensure good seating. It seemed everyone was wearing cowboy attire the week of the rodeo this year. Even my boss, a mild-mannered physician, was decked out in jeans and cowboy shirts the whole week. It is really a great event everyone should see at least once. Another event we enjoyed this year was the California International Air Show at the Salinas Airport. It is an amazing feat put on by volunteers with proceeds going to charity. There was an array of static displays, booths, food, etc. The show itself was spectacular, especially the British Red Arrows. We spent the entire day there and never noticed the time. Tickets can be purchased before the show so you can be guaranteed good seats.

Salinas has things to offer people looking for a change. Living here has given us the opportunity to enjoy a town we may have never really taken the time to know. I think it has also made us appreciate Monterey much more. If we had to do it over again, I don't think we'd change a thing!



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## Career Strategies for NPS Spouses

You're a working spouse new to the Monterey Peninsula, or you need a second source of income. In either case, you need a job. You update your resume, dry clean your best business suit, and prepare to hit the pavement in search of a job. Wait a minute! Where do you go in a new town? Upon relocation, just where do you find the resources that help a military spouse in his or her job search?

Well, on the Monterey Peninsula, you are definitely in luck. There are a lot of people available to help you and provide you with information on the local job market. The Navy has set up a great program to help military spouses. The Spouse Employment Assistance program, with offices at Herrmann Hall, is headed by Oliver White. Mr. White has reams of information on the local job market and what seems like hundreds of handouts covering everything from writing effective resumes to job interviewing tips.

Military spouses do indeed represent a wide variety of career fields. The Spouse Employment Assistance Program tries to link military spouses with local employers who need their skills. The Spouse Employment Assistance program can't guarantee you a job but it has an excellent track record in placing military spouses. You can reach the Program office at 656-3060.

Another great resource for the job hunter on the Monterey Peninsula is the State of California Employment Development Department (EDD), located at 480 Webster Street in Monterey. The EDD offers job leads, workshops, statewide job network, no-fee placement service, employment resource library, and access to telephones, typewriters, word processors and copiers. Every job-hunter can take advantage of these services. The phone number for the EDD is 649-2922.

If you're a job-hunter interested in a civil service position, or are already a civil servant trying to avoid a break in service, you should talk to the professionals at the Naval Postgraduate School Civilian Personnel Office (CPO). This is the government agency that is the hiring authority for civil service positions located at the school. Erlinda Cayetano a Staffing Assistant CPO, provides a goldmine of information on civil service careers, and know-how to get into the civil service. Donna says that one of programs she oversees is the Spouse Preference Program. This program benefits military spouses who relocate with their husbands or wives to a new duty station. You must be married to your spouse before she or he relocates to this area in order to qualify for the preferences. The benefits of this program are primarily for spouses who already have civil service status and want to avoid a break in service. To find out more about this program, you should call Donna Doughtie at 656-3236. The Naval Postgraduate School also runs a job information hotline. That number is 656-2001. When you call this number you will be advised of positions, on who can apply, and on whether the position is exempt from the federal hiring freeze.

The Civilian Personnel Office at the Presidio of Monterey also has a Spouse Preference Program. Fort Ord has a Job Search Center: 242-6364, 8-12 & 1-4 p.m.

If you do not have a current civil service status, but are interested in obtaining a civil service position, there are several routes you can take in spite of the current federal hiring freeze. You take the clerical exam, in which you must obtain a certain score to become eligible for permanent or temporary civil service positions at Fort Ord, Naval Postgraduate School, and the Presidio of Monterey. This is called a Federal Civil service Exam. You should call one

of the Civilian Personnel Offices for specific information on dates and times of the exam and on scoring requirements. While most of the positions filled by people who have predetermined scores from taking the exam are lower level, GSI-"1", you can advance rapidly once you have gained status as a civil servant.

The Civilian Personnel Offices on the Monterey Peninsula also fill federal service positions through Cooperative Education Programs with local colleges and universities. These programs allow you to earn college credit for work experience. Once you enroll in a particular educational institution, they help place you in a position in your chosen career field. Many colleges on the Peninsula have agreements with Fort Ord, DLI, and NPS Civil Personnel Offices. However, each school or personnel office can have different qualification requirements, so be sure and check with them to determine how you can best take advantage of these programs. Cooperative education can be a great alternative to the traditional job search if you are interested in continuing your education. In addition, these programs represent one of the very few entry routes into the federal service during the hiring freeze. Two of the local schools that have an agreement with the Federal Government CPO's are Hartnell College in Salinas and Monterey Peninsula College in Monterey. To find out what other schools participate, call the CPO at the Naval Postgraduate School.

All of the resources discussed can help the job-seeking military spouse. Finding a satisfying, well-paying job is not always easy, especially during an economic downturn, but it is possible. So put on that business suit, call these people who are there to help you, and go for it!!

(Taken from the files of the Classmate)



## MARCH IS RED CROSS MONTH

March is traditionally American Red Cross Month, proclaimed as such each year by the President of the United States, who also serves as the organization's honorary chairperson.

Station Manager Lynn Lambert announced, "At the Fort Ord Red Cross, we are marking Red Cross Month with a three-prong campaign - to thank people for supporting Red Cross through their volunteer work or donations, to inform the public about Red Cross services, and to recruit additional volunteers."

To carry out its world-wide services, the Red Cross depends on contributions and volunteers. "There are over 1.8 million people who volunteer their time to the Red Cross on a regular basis," Lambert stated. She also pointed out that nationally, volunteers outnumber paid staff by more than eighty to one.

At the Fort Ord Red Cross, volunteers serve the community as emergency caseworkers, disaster action team members, first aid and CPR instructors, earthquake preparedness trainers, public speakers, and administrative assistants. Volunteers also work in a variety of positions throughout Silas B. Hays Hospital, the Health Clinic at the Presidio of Monterey, and at the Naval Postgraduate School.

"Our strength lies in our volunteers," Lambert said. "Without them, we could not offer the military community the wide spectrum of services we now provide. That's why it's important for us to continue to recruit individuals to volunteer and serve in leadership positions."

For more information on Red Cross services and volunteer opportunities, call the Red Cross at 242-7801.

## COMMUNITY CPR CLASS

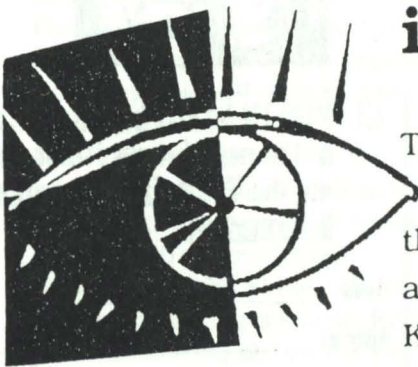
### Community CPR class

The Fort Ord Red Cross will offer a Community CPR class on March 19 from 9:00 am to 4:00 pm. This Saturday class teaches rescue breathing, rescue, choke saving, and CPR for any member of the community. The course fee is \$17 and includes the workbook. For more information, or to register, call 242-7801.


### Adult CPR class

On March 10, the Fort Ord Red Cross will offer an Adult CPR class from 6:00 pm to 10:00 pm. This course teaches rescue breathing, choke saving, and CPR for adults. Course fee is \$15 and includes the workbook. For information, or to register, call 242-7801.

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Are you interested in meeting other women, looking for answers about family life, or discovering Biblical counsel on many areas? The La Mesa Women's Bible Study is for you. LMWBS provides a variety of non-denominational Bible Studies, and childcare, in La Mesa homes.

The Spring quarter begins April 14th and continues through June 2nd. Each study is held on Thursday mornings from 9:45-11:15. Childcare is provided for the morning studies. There is also an evening Bible Study available on Thursdays from 8:00-9:30 pm.

Flyers detailing Bible Study offerings, teachers, and locations will be distributed to all La Mesa homes at the end of March. The flyers will also be available at the chaplain's office, housing office and the convenience store for those who do not live in La Mesa. For more information please call Laurie Capen at 655-9702.



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Rank: \_\_\_\_\_ Yrs/Service: \_\_\_\_\_

Projected Duty Station: \_\_\_\_\_

Projected Moving Date: \_\_\_\_\_



## Fort Ord Outdoor Recreation Activities

• **Scuba Classes and Tours** - Scuba Splash Party, March 16 and April 20. This is a free introduction to Scuba diving. Open Water I (Beginning) four week class starts on March 1 or 5 and April 5 or 9. Class fee of \$200 includes instruction, use of equipment and registration fees. Open Water II (Intermediate) two weekends starting on March 25 and April 30. Class fee of \$85 includes registration fees and boating diving.

• **Moonlight Boat Dive**. March 27 and April 25. Price is \$35 per couple or \$25 per person. Space is limited - Sign ups are required in advance.

• **Surfing Class** - March 19 and April 16. Class fee of \$40 includes equipment use and water session.

• **Sailboard Class** - March 26 and April 23. Class fee of \$50 includes instruction, use of equipment, and water session.

• **South Lake Tahoe Cabin and Condo Rentals** - at great military prices. Call the Equipment Center for vacation or ski season reservations.

• **Weekend Ski Trips** - South Lake Tahoe weekend ski trips are available every weekend until the snow lasts. All trips include round-trip transportation, lodging, lift tickets and ski equipment, \$149 for adults and \$120 for children. One day ski trip, March 19 and April 19, \$59 per person. Price includes transportation, lift tickets and ski equipment.

• **Fort Ord Riding Stables** - Weekday or weekend trail rides for all ages are only \$15 for one hour on the weekday and only \$10 on the weekend.

• **Moonlight Trail Rides** - March 27 and April 25, \$35 per couple. Ride is from 7:30 to 9:30 p.m. Space is limited, so sign up early.


• **Fort Ord Auto Crafts** - for do-it-yourself automotive repairs. Hours are: Thursday and Friday from 1-10 p.m.; and Saturday and Sunday from 9 a.m. - 6 p.m. Call 242-4418/4124.

• **Fort Ord's Outdoor Recreation**, Bldg. 3109 on 4th Avenue offers the above classes and programs. Call 242-7322/3486 for more information.

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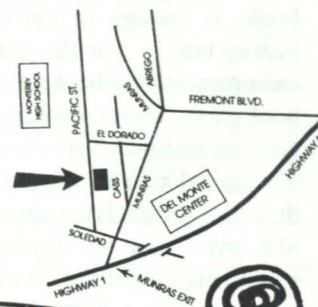


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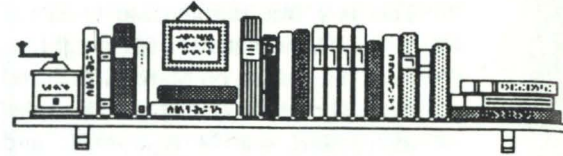


## ***The NPS Bookstore: The Best Kept Secret!!***

by Susan Everingham

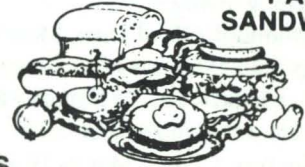
I have found the best kept secret at N.P.S. When I happened to find a parking spot in front of the bookstore I was twenty minutes early for my appointment. Instead of waiting in my car I decided to browse the bookstore. Being a first time customer I was amazed at what this store had to offer not just to the students, but spouses and kids as well. Did you know that they have twentyfive feet of magazines? How about note cards, photo albums, paper back, (always the top 15 bestsellers) and romance novels. The selection changes every month. Their postcards, Sierra Club cards, and cards made by local artists cannot be surpassed. I was amazed at the selection! Why didn't I go there for my Christmas cards instead of Macy's or Hallmark? Not only was the bookstores selection nicer it was also less expensive. They offer a huge variety of pens ranging in price from .25 cents to 220.00 dollars. Of course they have just as many pencils but priced not as high. Their educational software prices are not to be beat!! Also, they have a super selection with the perfect reference section of computer reference books. Calculators, backpacks, desk lamps, NPS hats, sweatpants and shirts, everything an NPS student needs to survive here. The military selection of books is enough to make anyone a history buff. For the kids there are calendars, sticker books, finger paints, book plates, diaries, bookmarks, the list goes on and on. Carol Groscoe, store manager, does a terrific job catering to the variety of needs her customers have. She loves to do the buying of all the stores items, especilly the cards. I have not seen such a beautiful assortment and selection in any store around. Do yourself a favor, stop in and meet Carol and her friendly staff anytime and take advantage of all the convenience, price, and selection this store has for you!! The NPS Bookstore is located next to the Catholic chapel and Herrmann Hall.

The hours of operation are 10 to 5, Monday-Friday. Now that I have stumbled into this well kept secret I want to share it with all of you. I am sure to be a steady and faithful supporter.



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Would you like to "strike" out on your own? Could you "spare" some time for a little exercise and a whole lot of fun? Then we have got something for you! On Wednesday mornings we have a bowling league that meets at Lincoln Lanes on Fremont Street in Monterey. Many of the ladies are first-time bowlers while others have been in the sport for a while.

Weekly fees are \$7. Seasons run quarterly, coincidental with the NPS schedule; so when the guys are off, so are we.

An end-of season banquet (women only) will be held at some favorite eatery and cash prizes will be awarded.

For those of you who have children, a sitter is available for a limited number of children. The cost for this service is minimal.

Please call me, Kim Massidda, at 373-3151 if you are interested in joining our league. It begins again the third week in March.

### Field-hockey

Interested in playing field-hockey with an international mixed team (students and spouses)? If we can bring together a team, 11 players or more, we can start training in the beginning of March and even play one or two games against a local high-school team. Hockey sticks will be provided and the training games will be played on the astroturf pitch at Ft. Ord at the most convenient time.

Please sign up at the International Program Office or if you have any questions call Jeroen Franken (LCDR Netherlands Navy) at 372-5235. Mention the days/times which suit you best. We already have eight people on the team!



# The Brahma Factor: Women in Sports

by Shelley D. Alvarez



"You played **what** in high school?" my husband exclaimed with a look of sheer terror on his face. "Field hockey!" I said with a proud grin. "Oh, my God, my wife was a Brahma!" His obvious discomfort was highly amusing to me, after all, at 5 ft. 6 inches I weighed all of 125 lbs. in high school and I was sure I really wasn't classified as a "Brahma woman" though I'm still not sure what all the requirements are. I do know that being a field hockey player was near the top of the list, at least I did after this conversation! His horror intensified when I told him I was an outstanding centre forward, that I couldn't wear skirts or dresses during the season because of all the bruises I would get on my shins from being hit by people's sticks or the ball while playing, and I had a friend who used to cheer us on from the sideline by yelling "start a scrap out there!" This guy was a diehard ice hockey fan! I thought John might faint when I told him I was a member of the "John McGill Fan club," a hockey player (actually a "goon" or hitman) for the Toronto Maple Leaf's NHL team whose claim to fame was the lofty number of penalty minutes he was accumulating over the season. The club was "tongue-in-cheek" but that didn't make it any easier for John to swallow.

I am the youngest of three girls and my dad always shared his interest in sports with us, so I grew up watching the NHL, NFL, CFL, and Big League Baseball. I have always felt comfortable yelling at television referees or players, heck, I'm proud to say I know when their being incompetent! Poor John envisioned his wife as a demure "Can I get you another beer with those pretzels,

honey?" kind of woman and he ended up with a wife who yelled at him for changing the channel during a hockey game. That happened before we were married so he had some insight there!

Yes, I played field hockey, soccer, volleyball, softball, and ran track in high school. I know most, if not all of the rules of hockey, football, soccer and baseball. I was given the Phys. Ed. award at graduation. I enjoy watching sports in person and on T.V., and I scoff at the idea that these behaviors are the least bit "masculine." I think it's terrific that my husband and I can genuinely enjoy going to a ballgame or watching sports on T.V. together. All we may fight over is the program or the remote!

So the questions remain, "What doth make a 'Brahma'?" and/or "What doth a 'Brahma' do?" Personally, I find it frightfully chauvinistic but I did ask my husband to make a list of what he considered "Brahma-like" activities. He found the task highly amusing. Of course, it wouldn't be politically correct to print the list, but needless to say, field hockey players were named. I felt a sense of relief that I wasn't ever involved in any of the other activities! I just smiled and turned on "Sports Highlights."

Note: If you are interested in sports and other activities, please call NPS Gym at 656-2497 or Gear Issue Room at 656-3118.

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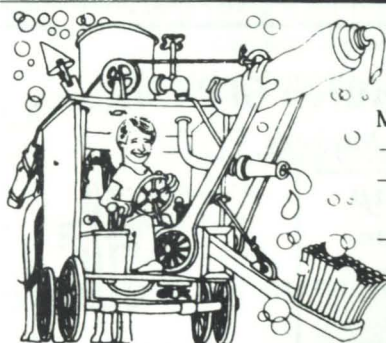
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## HOW'S LIFE AT NPS? Quality of Life Survey

A quality of life survey is coming out in the March MWR bulletin. This survey has been put together by the NPS Quality of Life, Quality Management Board. Their task is to identify quality of life issues that can be improved for the students, staff, families, and faculty attached to NPS. They need your help.

Please take time to fill out this important survey. This is your chance to be heard and have a direct impact on the quality of life during your tour at NPS. Each student, staff member, spouse, and faculty member should fill out their own survey.

Return the survey and be heard!  
Your cooperation is greatly appreciated.

.....

### Attention Poets

Owings Mills, Maryland (USA): The National Library of Poetry has announced that \$12,000 in prizes will be awarded this year to over 250 poets in the **North American Open Poetry Contest**. The deadline for the contest is March 31, 1994. The contest is open to everyone and entry is FREE.

Any poet, whether previously published or not, can be a winner. Every poem entered also has a chance to be published in a deluxe, hardbound anthology.

To enter, send ONE original poem, any subject and any style, to The National Library of Poetry, 11419 Cronridge Dr., P.O. Box 704-YC, Owings Mills, MD 21117. The poem should be no more than 20 lines, and the poet's name and address should appear on the top of the page. Entries must be postmarked by March 31, 1994. A new contest opens April 1, 1994. For more information, contact Pamela Roberts at (410)356-2000.



# Quick Find Telephone Numbers

## Emergency Numbers

Poice	911
Fire	911
Ambulance	911
NPS Security	656-2555
Fort Ord Emergency Room	242-76317632
Suicide Prevention (24 hours)	649-8008
24-Hour Crisis Hotline	373-4773
Rape Crisis Center of Monterey Peninsula	(24 hour) 375-4357
YWCA - Domestic Violence	372-6300
Monterey Dept. of Social Services	899-2571
Sheriff's Dept.	373-8411

## NPS Nubers

Navy Federal Credit Union	373-2725
Chaplain Offices	656-2241
Child Develop Center	656-2340
Computer Center	656-2572
Family Service Center	656-3141
Information Operator	656-2441
Legal Office	656-2506
Library	656-2341
Paging	656-2576

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10:00 a.m. - 5:00 p.m., Mon. - Sat.	
10:00 a.m. - 6:00 p.m. Paydays	
12:00 noon - 5 :00 p.m., Sun.	
Barber Shop	
Main Exchange	373-5933
Herrmann Hall	373-5505
8:00 a.m. - 5:30 p.m. Mon. - Fri.	
Beauty Shop	
Main Exchange	373-1121
8:00 a.m. - 4:30 p.m., Mon. - Wed, Fri & Sat.	
8:00 a.m. - 6:00 p.m., Thur.	
Closed Sunday.	
Personal Property (Household goods)	656-2151
8 a.m. - 3:30 p.m., Mon. - Fri.	
Closes at noon on Wed.	

Post Office	656-2585
9:00 a.m. - 4:30 p.m., Mon. - Fri.	
Quarterdeck	656-2441
Recreation	656-3223
Gear Issue Room	656-3118
Golf Course	656-2167
Gym	656-3118

## La Mesa Numbers

Elementary School	649-1872
Housing Office	656-2321
9:00 a.m. - 3:00 p.m., Mon. - Fri., walk-ins	
8:00 a.m. - 4:30 p.m., Mon. - Fri., phone calls	
Closed Sat. and Sun.	
Village Store	375-0959
10:00 a.m. - 7:00p.m., Mon. - Sat.	
12 noon - 6:00 p.m., Sun. and holidays	
Teen Center 6 - 18 year olds)	656-2127
7:30 a.m. - 6:00 p.m., Mon. Fri.	
6:00 - 9:00 p.m. Fri. & Sat. (teenagers only)	
Closed Sun.	

## Fort Ord Numbers

Information	242-2211
Barber Shop	899-0822
Beauty Shop	899-3198
Commissary	242-4242/6263
Florist	394-4718
Golf Course	242-3268
Main PX	899-2336
9:00 a.m. - 7:00 p.m., Mon. - Sat.	
10:00 a.m. - 6:00 p.m., Sun.	
Silas B. Hayes Army Hospital	
Centrex - appointments	899-4455

## Presido Numbers

Information	242-2211
Child Development Center	647-5530/5454
Health Clinic	
Information	647-5663
Health Advice	647-5234
Central Appointment System	647-5741/5742



# CHIEF COMPLAINT: "Sciatica"

by Jay C. Cook, D.C.

As you probably know, the term "sciatica" is quite nebulous because it refers to pain anywhere in the sensory distribution of the sciatic nerve. I find that most runners suffer from sciatica because of too much non-straight-ahead motion of the hips.

From a purely biomechanical point of view the goal of running is to move the athlete's center of gravity, located in front of the second sacral vertebra, from point A to point B in a straight line. The perfect role model is a wheel, which has a center of gravity at its hub and does not shift sideways or up and down as the wheel moves from point to point.

We athletes are far from perfect in this respect. The best we can do is try to limit side-to-side and up-and-down deviations as much as possible.

**CAUSES:** Nerve irritation can be:

1. At the lumbar and sacral vertebrae where the five individual nerves branch off the spinal cord and exit between the vertebrae before combining to form the rather large sciatic nerve.

2. At the buttock muscles where repeated muscle contractions can irritate the sciatic nerve. The piriformis muscle, an external rotator of the leg, is usually the primary culprit.

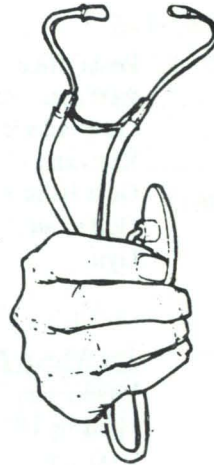
3. From direct pressure on the sciatic nerve. A wallet in the hip pocket is usually the problem.

**SHORT-TERM TREATMENT:**

Remove the sources of irritation, eg, the wallet, the dysfunctional biomechanics of the vertebrae, or the hypertonicity of muscle.

1. Dysfunctional biomechanics of vertebrae are corrected by chiropractors approximately 1,000,000/day.

2. If the problem is the piriformis muscle, the muscle must be stretched/relaxed. This is best done by a combination of:



- a. Reciprocal inhibition, i.e. isometric contraction of the antagonist (internal rotators of the leg) followed by gentle stretching the piriformis, and

- b. Pos-isometric relaxation, i.e. isometric contraction the target muscle (piriformis in this case) followed by gentle stretching of the piriformis.

**LONG-TERM TREATMENT:**

1. Orthotic support of the feet to eliminate or minimize the non-straight-ahead motion that prompts pelvic girdle motion that is likely to either irritate the nerve roots as they

exit between the vertebrae or cause excess contraction of the piriformis muscle that irritates the adjacent lying sciatic nerve.

2. Spinal manipulations will maintain the optimum biomechanics of the vertebrae.

3. Rehabilitate the tight, over-used muscles.

- a. Stretch/relax the pelvic girdle muscles, especially the piriformis daily after running or cycling.

- b. Avoid sitting/lying postures that externally rotate the legs. Sit without resting an ankle on the knee and lie without positioning your leg in the "frog-leg posture" with the hip externally rotated and the hip and knee flexed.

**SAFE ALTERNATIVE TRAINING WHILE WITH ACUTE PAIN:**

Swimming and bicycling. Not rowing machines or stair climbing machines.

**SPECIALISTS TO SEE:** Chiropractors are the best place to start. If the problem warrants surgical intervention to remove a herniated disc or bony spur that is irritating the nerve root(s), referral to a neurosurgeon is appropriate.

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## ALIEIN PERCEPTIONS OF THE U.S.A.

Shelly D. Alvarez

One of my first friends here in the States used to introduce me as "Alf, her alien friend", as in the lovable alien creature on TV. I'm from Canada and I indeed felt alien-like in another country not so much like my own. I experienced culture shock when I moved to the States six and a half years ago. Many people in the U.S.A. are unaware of the cultural differences between Canada and the United States. I was naive in my own knowledge of those differences myself when I moved to Texas. There are so many contrasts and so many more similarities than many Canadians know.

The Canada that lives in my mind is a mixture of liberalism and conservatism, a safe place to live, a diverse ethnic community, and patriotism which is quiet but strong. With all of the changes that have occurred in the past six years, that Canada has been shaken. It is a young country, however, so I hope it will withstand the changes and come out stronger. In the meantime, I remember with great fondness, a beautiful country with a rich foundation in its ethnic possibilities.

On our conservative side, abortion is illegal throughout the country and businesses are still bound to religious doctrines - stores are still legally obliged to stay closed on Sundays. Canadians are really into traditions and are still comfortable with our ties to England (she's still our Queen). Our dress is considerably more conservative than here in the States, even during summer!

Liberally speaking, we Canucks are gunfree, executionfree (federal and provincial), and especially generous in the area of healthcare! (Rushies everywhere shudder!) I recently read a quote of a Canadian comedian describing the difference between Americans and Canadians, "A Canadian is an unarmed American with healthcare!" That's kind of restricted but accurate!

The sheer size of Canada begets the extensive collection of mini-cultures within the country. The people of British Columbia on a whole, live a much different life than people in New Foundland (pronounced Nufinlind). I have a Maritimer for a father so I know of which I speak. Of course, we have our French culture which is strong and beautiful. I've always loved going to Quebec and the uproar over the Separatists is all the more painful to me because I am so proud of the distinctiveness of being from a country with two large, completely different cultures within its unity.

My husband is wonderfully supportive of my keeping my Canadian identity which is very important to me. I have offered to change my citizenship only if it becomes necessary. My Canadian citizenship is as important to me as his American citizenship is to him. I feel that the respect that I've

developed for the Americans who have become my very good friends in the last six and a half years has allowed me to feel so much more at "home-away-from-home." I've developed a sincere admiration for the U.S.A. that simply wasn't there when I initially arrived, for what I deemed to be an extended vacation. It's become much more than that, thanks to my meeting my wonderful red-blooded American hubby! I don't think I could have stayed so happy outside of Canada had it not been for the wonderful people and places we have met and seen.

Canada is a beautiful country full of wonderful people. In that regard there is a great similarity between Canada and the United States. I heartily recommend you try to visit any part of Canada and you may surprise yourself with finding a whole new and different part of North America you may never have "known" existed!



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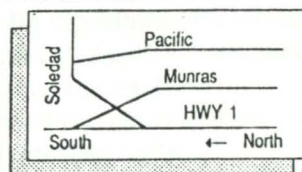
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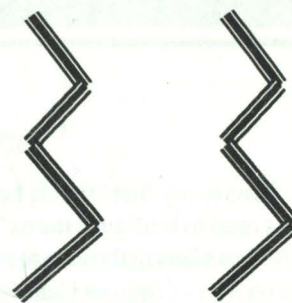
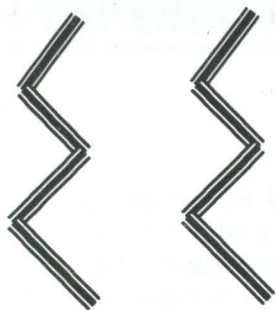
WORSHIP CELEBRATION  
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To be prepared for the next *BIG ONE* (in case it comes) we suggest the following Earthquake FoodKit to be stored in a safe place:  
**THESE FOODS KEEP WELL AND MEET NUTRITIONAL NEEDS:**

**1. DAIRY FOODS:**

Milk, canned (skimmed or lowfat)  
Pudding (canned)

**2. PROTEIN FOODS**

Beans, canned (low, sodium, plain,)  
Peanut Butter  
Canned Meats  
Canned Tuna, Sardines, Salmon  
Vegetarian Soy Products, canned  
Nuts, canned (regular, lightly salted unsalted)  
Shelf -stable dinners

**3. FRUITS AND VEGETABLES:**

Fruits, canned in light syrup  
Fruit, dried (well-sealed)  
Juices, canned  
Raisins  
Soup, canned (regular, reduced sodium, and unsalted, ready to serve)  
Vegetables, canned (low sodium, and no-salt shelf-stable types like Del Monte Vegetable classics  
Fresh fruits and vegetables (last several days.)

**4. STARCHES AND COMPLEX CARBOHYDRATES:**

Cereal, ready-to-eat, dry  
Corn, canned (no-salt-added)  
Crackers, Saltine (or other low fat types of crackers)  
Granola Bars, foil sealed.  
Pasta, canned  
Peas, canned  
Potato, canned

**5. ADDITIONAL ITEMS**

Baby Food  
Pet Food

**6. MISCELLANEOUS:**

Oatmeal or peanut Butter Cookies  
Instant Pudding  
Sugar-Salt-Pepper seasonings  
Soft Drinks  
Dried Fruit snacks  
Catsup ( in plastic bottles)  
Silverware, paper plates, cups, and napkins

**7. WATER:**

To prepare for that day, allow for one gallon of water per day per person to be used for thirst, food preparation and cleaning.

**8. FUEL**

Camp stoves that run on white gas or propane or a barbecue and charcoal briquettes, matches.(only to use outdoors)

**Before The Quake**

Develop a family earthquake plan. Prepare yourself, your family and your home by completing the activities on this checklist.

- Decide how and where your family will reunite if separated.
- Choose an out-of-state friend or relative that separate family members can call after the quake to report their whereabouts and condition.
- Know the safe spots in each room: under sturdy tables, desks, or against inside walls.
- Know the danger spots: windows, mirrors, hanging objects, fireplaces and tall, unsecured furniture.
- Conduct practice drills, Physically place yourself in safe locations.
- Learn first aid and CPR (cardiopulmonary resuscitation) from your local Red Cross chapter or other community organization.
- Keep a list of emergency phone numbers.
- Learn how to shut off gas, water and electricity in case

the lines are damaged. (Safety note: Do not attempt to relight gas pilot. Call the utility company.)

- Check chimneys, roots, walls, foundations for stability. Make sure your house is bolted to its foundation.
- Keep breakables and heavy objects on bottom shelves.
- Secure water heater and appliances that could move enough to rupture utility lines.
- Secure heavy tall furnitures, bookcases, wall units, hanging plants.
- Keep flammable or hazardous liquids in cabinets or secured lower shelves.



## Living & Loving It at Fort Ord

(Continued from page 11)



3 BR Senior Grade Housing - Fitch Park

minutes away. The Broadway gate puts you in the heart of the upper Fremont shopping district. By jumping on the freeway, I can be at Del Monte shopping center in just over 15 minutes.

Most of us have found that it is assumed in all sorts of NPS announcements and activities that if you are a student family, you live in La Mesa. There are still dozens and dozens of empty houses in the parks to remain open, and we see new students moving in every day. The NPS population living here is only going to grow.

So, yes, it is really nice out here and you do not have to feel sorry for us. Come on out and see us some time. We'd love to have you.



3 BR Duplex - Fitch Park



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1) Take a big jar of PEANUT BUTTER. Spoon out some big globes into a bowl. Then pour in a few spoonfuls of HONEY. Now add some POWDERED MILK (either instant or non-instant type).

2) Start mixing it all up with your hands. Keep adding the powdered milk until it makes a good dough. For chocolate flavor you can add some COCOA or CAROB POWEDER.

3) Now you can mold it into any shape you like or roll it out and cut out shapes with cookie cutters.

4) It's also fun to make designs on your shape with RAISINS.



Source: "Simply Delightful" Children's Cookbook

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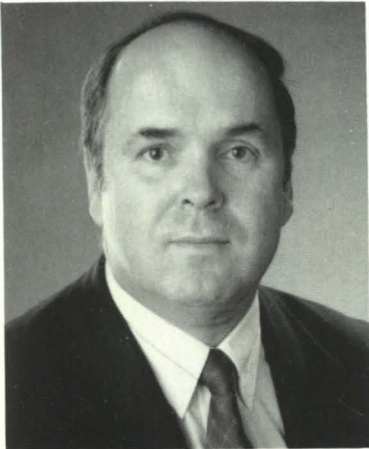


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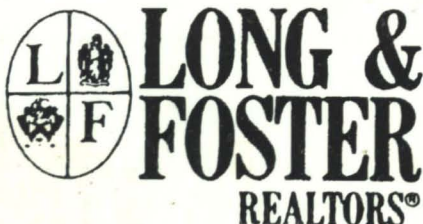
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